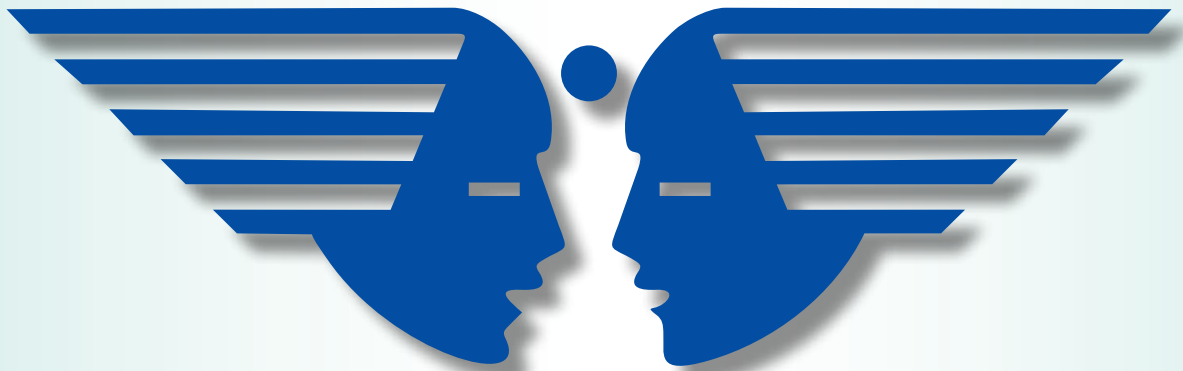




वायु शक्ति संगिनी

Air Force Wives Welfare Association

'Santushti Shopping Complex', New Willingdon Camp,
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अफवा गान

अफवा के संग पाएं हम समृद्धि व स्वाभिमान
अफवा के संग पाएं हम समृद्धि व स्वाभिमान
वायु शक्ति संगिनी संस्था बने महान ।
वायु शक्ति संगिनी संस्था बने महान ।

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 महान ।
वायु शक्ति संगिनी संस्था बने महान ।

वायुसेना के आँगन में
उन्नत बने हर तन—मन
वायुसेना के आँगन में
उन्नत बने हर तन—मन
विद्या की कामना हो
सबला बने कल्याणम् ।

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

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 महान
वायु शक्ति संगिनी संस्था बने महान ।

अफवा के संग पाएं हम समृद्धि व स्वाभिमान
वायु शक्ति संगिनी संस्था बने महान ।

संस्था बने महान ।
संस्था बने महान ।
संस्था बने महान ।

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



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Air Chief Marshal B S Dhanoa
PVSM AVSM YSM VM ADC

Message

It gives me immense pleasure to learn that AFWWA is bringing out its 25th edition of Sangini Magazine covering events and achievements of AFWWA over the previous year. The magazine aptly depicts the vivid expression of creativity and literary thoughts.

Sanginis are the 'heart and soul' of our Air Force family. It is the unstinted support by Sanginis that assist our air warriors in achieving excellence at work. Their contributions to the Air Force way of life are invaluable and cannot be quantified, measure or defined. Their fortitude, resilience and sacrifices towards maintaining a happy support system are essential towards helping our air warriors to function more efficiently.

In the present milieu, social environmental factors have also placed a high demand on our air warriors and their families. The pulls and pressures of modern times are influencing the very complexion of the social fabric around us. The association represents a vibrant and purpose oriented organisation which empowers its members in a multitude of ways. Vocational training, better placement avenues and even marital counseling are some of the diverse modes of assistance provided by AFWWA. In the recent years, the association has taken numerous initiatives such as introduction of new scholarships for higher education/ Praudh Shiksha, enhancement of scholarships grant, establishment of Skill Development Centre at Tezpur and Upgradation of Umeed Vidya Kiran Schools. The role of AFWWA in providing moral and much needed financial assistance to its members is praiseworthy.

I extend my compliments to the Editorial Board for bringing out the annual edition. I am sanguine that the Magazine would encourage many more Sanginis to contribute whole heartedly in the future editions. My heartfelt greetings and best wishes to all the Sanginis and I wish them success in their future endeavours.

Jai Hind!

A handwritten signature in black ink, appearing to read 'B S Dhanoa', with a stylized flourish at the end.

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



संदेश

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

मुझे यह जानकर बहुत खुशी हो रही है कि अफवा अपनी 'संगिनी' पत्रिका का 25वां अंक प्रकाशित कर रहा है जिसमें पिछले वर्ष के अफवा से जुड़े कार्यक्रमों और उपलब्धियों को शामिल किया गया है। इस पत्रिका में सृजनशीलता और साहित्यिक सोच के विविध आयामों को बखूबी चित्रित किया गया है।

संगिनियां हमारे वायु सेना परिवार का हृदय हैं। संगिनियों के भरपूर सहयोग के बल पर ही हमारे वायु योद्धा अपने कार्यों में उत्कृष्टता हासिल कर पाते हैं। वायु सेना की जीवन शैली में उनका योगदान अनमोल है और इसे गिना, मापा या परिभाषित नहीं किया जा सकता। एक खुशहाल सहायता प्रणाली बनाए रखने के प्रति उनका धैर्य, लचीला रवैया और त्याग हमारे वायु योद्धाओं के ज्यादा प्रभावी तरीके से कार्य कर पाने में मदद करने के लिए अनिवार्य हैं।

वर्तमान परिस्थिति में सामाजिक परिवेश से जुड़ी बातों का हमारे वायु योद्धाओं और उनके परिवारों पर गहरा प्रभाव पड़ता है। आधुनिक समय के तनाव और दबाव हमारे आस-पास के सामाजिक ताने-बाने के स्वरूप को प्रभावित कर रहे हैं। अफवा एक बहुमुखी और लक्ष्य केंद्रित संगठन है जो अपने सदस्यों को अलग-अलग तरह से सशक्त बनाता है। व्यावसायिक प्रशिक्षण, बेहतर स्थानन अवसर और वैवाहिक परामर्श अफवा द्वारा मुहैया कराई जा रही विभिन्न किस्मों की सहायताओं में शामिल हैं। हाल के वर्षों में अफवा ने उच्चतर शिक्षा/प्रौढ़ शिक्षा के लिए नई छात्रवृत्तियां शुरू करने, छात्रवृत्ति अनुदान में वृद्धि करने, तेजपुर में कौशल विकास केन्द्र की स्थापना और उम्मीद विद्याकिरण स्कूलों के उन्नयन जैसे अनेक पहल किए हैं। अपने सदस्यों को नैतिक और जरूरी आर्थिक सहायता प्रदान करने में अफवा की भूमिका प्रशंसनीय है।

मैं 'संगिनी' के वार्षिक अंक के प्रकाशन के लिए इसके संपादक मंडल को हार्दिक बधाई देता हूं। मुझे पूरा विश्वास है कि यह पत्रिका और अधिक संगिनियों को आगामी अंकों में पूरे तन-मन से योगदान करने के लिए प्रोत्साहित करेगी। मैं सभी संगिनियों को हार्दिक शुभकामनाएं देता हूं और भावी प्रयासों में उनकी सफलता की कामना करता हूं।

जय हिंद!

(बी एस धनोआ)
एयर चीफ मार्शल
वायुसेनाध्यक्ष



Mrs Kamalpreet Dhanoa
President AFWWA

Message

AFWWA was started with the noble intention of promoting welfare for our Sanginis and over the years it has grown in strength and stature. It forms the bedrock of social welfare and an emotional support system for our Sanginis.

'Sanginis play a very special and an unmatched role in the life of an air warrior. She is the pillar of strength that bonds the family and is a source of inspiration for all. 'Sangini Magazine' is an ode to the true spirit of our ladies and captures their creative ideas and gives them a beautiful platform to represent them. This magazine is a reflection of milestones achieved by the AFWWA fraternity. It echoes our quest for ensuring a healthy work-life balance and invigorates our faith to work towards progress and selfless service.

My heartfelt gratitude for the overwhelming contribution which has helped our editorial team come up with yet another interesting edition of the magazine. My compliments to the editorial board for their painstaking efforts in bringing to life this vibrant edition of 'Sangini Magazine'. I wish each and every one of our Sanginis, a healthy, happy and prosperous life ahead.

Jai Hind!

Mrs Kamalpreet Dhanoa
President AFWWA



श्रीमती कमलप्रीत धनोआ
अध्यक्षा अफवा

संदेश

हमारी संगिनियों के कल्याण हेतु कार्यों को प्रोत्साहन देने के उत्तम उद्देश्य से अफवा की स्थापना हुई थी और समय के साथ इसकी शक्ति और महत्ता दोनों बढ़ती गयी हैं। यह हमारे द्वारा किये गये सामाजिक कल्याण का आधार है और हमारी संगिनियों के लिए एक सुदृढ़ सहायता तंत्र है।

वायु योद्धा के जीवन में एक संगिनी की बहुत विशेष और अद्वितीय भूमिका होती है। वह परिवार को जोड़ कर रखने वाला शक्ति-स्तंभ है और सब के लिए प्रेरणा-स्रोत भी होती है। 'संगिनी' पत्रिका हमारी नारियों के अटल हौसलों के प्रति सम्बोधगीत है और साथ ही उनकी सृजनात्मकता की अभिव्यक्ति का एक सुन्दर माध्यम है। यह पत्रिका अफवा परिवार की अनेक उपलब्धियों का दर्पण है। यह व्यवसाय और जीवन में स्वस्थ संतुलन लाने की हमारी तलाश को प्रतिध्वनित करती है और प्रगति तथा निःस्वार्थ सेवा के प्रति हमारी निष्ठा को स्फूर्ति देती है।

इस पत्रिका के लिए उत्साहवर्धक रूप से आये योगदान के लिए मैं हृदय से आभार प्रकट करती हूँ। इस योगदान से संपादक मंडल को एक और रोचक अंक प्रकाशित करने में बहुत सहायता मिली है। 'संगिनी' पत्रिका के इस आकर्षक अंक को निकालने के लिए संपादक मंडल के अथक प्रयासों के लिए मैं उन्हें बधाई देती हूँ। मैं प्रत्येक संगिनी को स्वस्थ, सुखद और समृद्ध जीवन की शुभकामनाएँ देती हूँ।

जय हिंद!

Kamalpriya

(श्रीमती कमलप्रीत धनोआ)
अध्यक्षा अफवा



Mrs Asha Bhaduria
Vice President AFWWA

Message

My heartiest greetings to all Sanginis and the editorial board on the issue of 25th edition of Sangini Magazine. It gives me immense pleasure that our magazine has grown manifold in the past years.

The contribution of our Sanginis is much appreciated. Creative thinking of our Sanginis inspire ideas and ideas inspire change. The Sangini Magazine has always provided thought provoking and inspiring ideas which has been a great support to our readers. This year's theme 'Winds of change' emphasizes adaptability of our Sanginis and their exposure to the winds of change, to get out from the safe harbor and set sail with the direction of wind towards a new and better world.

The Sangini Magazine has been a pillar of confidence and inspiration to our Sanginis. The magazine has contributed immensely towards enhancing the quality of life our Sanginis and their families. AFWWA has always adapted to changes and is ready to overcome any future challenges.

I wish all the members of AFWWA and their families a wonderful future and good health.

Jai Hind!



संदेश

श्रीमती आशा भदौरिया
उपाध्यक्षा अफवा

‘संगिनी’ पत्रिका के 25वें अंक के प्रकाशन के अवसर पर सभी संगिनियों और संपादक मंडल को मेरी हार्दिक बधाई। मुझे बहुत खुशी हो रही है कि बीते वर्षों में हमारी पत्रिका के कलेवर और स्तर में बहुआयामी विकास हुआ है।

हमारी संगिनियों के योगदान की बहुत सराहना की जाती है। उनकी रचनात्मक सोच से नए विचारों की प्रेरणा मिलती है और नए विचारों से परिवर्तन आता है। ‘संगिनी’ पत्रिका ने हमेशा विचारोत्तेजक और प्रेरणादायी सामग्री प्रस्तुत की है जो हमारे पाठकों के लिए बहुत लाभकारी रही है। इस वर्ष का विषय ‘परिवर्तन की बयार’ (विंड्स ऑफ चेंज) हमारी संगिनियों की परिस्थिति के अनुकूल ढल जाने की योग्यता और सुरक्षित माहौल से बाहर निकल कर एक नए तथा बेहतर विश्व की ओर कदम बढ़ाने की दिशा में परिवर्तन की बयार का सामना करने की क्षमता पर केंद्रित है।

‘संगिनी’ पत्रिका हमारी संगिनियों के लिए विश्वास और प्रेरणा का स्रोत रही है। इस पत्रिका का हमारी संगिनियों और उनके परिवारों के जीवन की गुणवत्ता बढ़ाने में अत्यधिक योगदान रहा है। अफवा ने हमेशा परिवर्तनों के साथ तालमेल बिठाया है और किसी भी भावी चुनौती से पार पाने के लिए हरदम तैयार है।

मैं अफवा की सभी सदस्यों और उनके परिजनों के सुखद भविष्य और अच्छे स्वास्थ्य की कामना करती हूँ।

जय हिंद!



Mrs Radha Suresh
President AFWWA (R)
Southern Air Command

Message

My greetings to all Sanginis on the occasion of the release of "Sangini". The yearly release of this magazine has become a much awaited event in the AFWWA calendar. I congratulate the editorial board for their consistent efforts in publishing this magazine every year. This year is the silver jubilee ie 25th edition of our magazine with the theme "**Winds of Change**".

Over the years AFWWA has strived hard to empower the Sanginis and provide them an opportunity to nurture their skills and talents & contribute positively to the Air Force and the country. Sangini Magazine is yet another endeavour where the members showcase their talent and constructive ideas through their original contributions.

All of us experienced various interesting and sometimes daunting changes in our systems, culture, relations etc. over the years. I am sure all the Sanginis will relate to all the entertaining articles.

My best wishes to all the Sanginis & their families in all their future endeavour and wish this edition of 'Sangini' a resounding success.



Mrs Luxmi Nambiar
President AFWWA (R)
Western Air Command

Message

It gives me immense pleasure and pride to see AFWWA, soar higher and higher each year with the co-operation of all the Sanginis and complete yet another eventful year. This journey of around five decades is marked by many milestones of progress in the field of caring and supporting the families of our Air Warriors through their arduous journey of serving the nation with pride. Our Sanginis, with their sacrifices and fortitude, have stood shoulder to shoulder with our Air Warriors. It is this resilient support system that adds character to the life of the Air Force and helps the Air warriors to function as productive members of the IAF.

I am delighted to review the latest edition of 'Sangini Magazine'. This Magazine has evolved both in its content and focus. The current theme 'Winds of Change' ushers in the new with a tinge of nostalgia. Enriched by the efforts and contributions of all the Sanginis, it has become a platform of self expression and imagination; not just archiving our collective memories, but also providing food for thought which will enthuse us for the days ahead.

I extend my sincere compliments to all the members of Editorial Board for their painstaking and meticulous efforts which will make the 25th edition of 'Sangini' a great success. I wish every member of AFWWA great success in all their future endeavours and express the hope that we will keep working together for a better future.

Jai Hind!



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

Message

*H*earliest greetings to all Sanginis from members of AFWWA (R) SWAC.

I feel greatly privileged to pen down my thoughts for the 25th Avtaar of the 'Sangini Magazine'. AFWWA has evolved over the years into a purposeful organisation always remaining contemporary with changing times.

The idea of publishing the magazine annually truly epitomizes the progress that AFWWA has made over the years. The magazine showcases the creative flair of our Sanginis, who are the bedrock of the moral and social fibre of the IAF. 'Sangini' is a positive, upbeat, entertaining and informative magazine. It gives a bird's eye view of the writers, chefs, designers and most importantly, the women behind the men in blue who truly are 'the wind beneath the wings'.

My heartiest compliments to the editorial staff who has worked relentlessly for bringing up such a splendid edition of Sangini and also to those who contributed valuable articles for the magazine.

I take this opportunity to wish all sanginis and their families happiness and success in their future endeavours.



संदेश

श्रीमती जया कुमार
अध्यक्षा अफवा (क्षेत्रीय)
मध्य वायु कमान

“संगिनी” 2019 के प्रकाशन पर मेरी हार्दिक बधाई, जो वर्षों से असंख्य गतिविधियों को प्रदर्शित करने के लिए एक आदर्श मंच के रूप में काम कर रही है और हमारी संगिनियों की छिपी हुई प्रतिभाओं और अभिव्यक्तियों को प्रस्तुत कर रही है।

यह अफवा की भावना का प्रतिबिंब है और अपनी वास्तविक क्षमता का एहसास करने और अपनी खुद की ताकत की पहचान करने के लिए संगिनियों के लिए एक अनूठा मंच है। यह सभी संगिनियों के लिए अपने चित्रों अनुभवों और रचनात्मकता को व्यक्त करने के लिए एक उत्कृष्ट माध्यम है। पत्रिका शानदार ढंग से अफवा की उन्नति और उपलब्धियों को प्रस्तुत करती है जो हमेशा अपने सदस्यों को सर्वोत्तम लाभ प्रदान करने के लिए प्रतिबद्ध है।

इस पत्रिका को प्रकाशित करने की दिशा में उनके प्रयासों के लिए मध्य वायु कमान की सभी संगिनियों की तरफ से योगदानकर्ताओं और संपादकीय बोर्ड को मेरी हार्दिक बधाई और शुभकामनाएँ।

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

जय हिंद!



Mrs Jaspreet Shera
President AFWWA (R)
Maintenance Command

Message

 extend my heartiest felicitations to the editorial team of 'Sangini-2019' 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 'Sanginis' means a friend who is always there in your times of lows and highs and helps you progress.

All members of Maintenance Command join me in wishing all Sanginis and their families happiness and prosperity in all future endeavours.

Jai hind!



Mrs Shipra Mathur
President AFWWA (R)
Eastern Air Command

Message

My heartiest felicitations to the editorial team of 'Sangini Magazine' on release of its 25th edition. It is a matter of pride to see this magazine flourish and scale greater heights over the years. This magazine is an excellent medium of channelling talent, knowledge and ideas of our sanginis. Apart from being a means to reflect the literary talent of our Sanginis, this magazine also highlights various welfare activities being run by our organisation. It is a powerful link that binds various facets of AFWWA together and reflects its true spirit.

This Magazine showcases the zeal, constructive talent and passion of our sanginis in different fields. On behalf of all the sanginis of Eastern Air Command, I wish all members of AFWWA and their families, happiness and success in their future endeavours.

Happy Landings and Jai Hind!



Mrs Nirmala Ghotia
President AFWWA (R)
Training Command

Message

It is apt that the silver jubilee celebration of the 'Sangini' magazine has its theme as 'Winds of Change' since the past 25 years have seen remarkable, era defining changes in the lives of our Sanginis. Needless to say, not only have our Sanginis evolved with the fast paced changes but also thrived. The once shy, inhibited and traditional homemaker has donned the role of a confident, aspirant professional. In this age, they are the leaders.

The biggest elements in changing the role of women in the past 25 years have been education and the literacy rate. From these elements, more factors arose such as women empowerment, independence, employment of women and the ability to make their own decisions. However, the process of change in perceiving a women merely as a mother, daughter or wife rather than an entity of her own has been arduous and still remains work under progress. Towards this, contribution of women welfare oriented organizations like our very own AFWWA are significant. AFWWA, over the years, has not only encouraged and motivated our Sanginis to explore their potential but also provided them a platform to display it.

The change in role of women has accordingly shifted the focus of conversations in AFWWA with more emphasis on tackling the new age challenges and combating the additional role that a women undertakes.

I congratulate the entire editorial team behind the 'Sangini' for its 25th edition and wish all Sanginis and their families good health, happiness and success in their future endeavours.

Message

"RIDE ON THE WINDS OF CHANGE"



Mrs Bhagyashri Vidhate
Secretary AFWWA

This 25th edition of Sangini magazine brilliantly showcases the 'winds of change'. It demonstrates transformation, which is often more about unlearning than learning.

Dear Sanginis, each one of us begins our journey with two beliefs; the future can be better than the present, and 'I' have the power to make it happen. So, believe in yourself, 'TODAY is another chance to get better'.

As we all know our mind is a powerful tool, when we fill it with positive thoughts. This edition, stacked to the brim with bright light of positivity, holds the promise to illuminate the future. Enjoy reading this edition of Sangini and spread the happiness all over!

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

Jai Hind!

Message



Sqn Ldr Jagriti Mukherjee
Hony Jt Secretary
AFWWA

It gives me immense pleasure in bringing the 25th (Silver Jubilee) edition of our very own Sangini magazine to you all.

AFWWA acts as the bridge between the policy makers and the grassroots level who are the actual beneficiaries. Looking after the welfare of all sanginis is a huge responsibility and we all are committed to this cause. Over the past couple of years, we have made concerted efforts to align our welfare activities in perspective of the changing social tapestry. This magazine beautifully captures the progress and accomplishments of our organisation in the year gone by.

The multifarious welfare activities undertaken by AFWWA like grant of scholarships, provision of means of livelihood to widows, medical grants, vocational training, employment assistance etc contribute towards strengthening the internal bonds of comradeship and amplify the sense of belonging to the Air Force.

My heartfelt gratitude to the editorial board who have worked really hard to come up with this wonderful issue of the 'Sangini' Magazine.

Happy Reading!



From the Editor's Desk

Dear Sanginis,

“Change is not merely necessary to life, it is life”

- Alvin Toffler

The "Winds of change" blow for everyone. It may be a gentle breeze for one, a blinding blizzard for some or a life transforming cyclone for another. But blow they must. Life is defined by change and the experiences range from mundane to complete metamorphosis. All of us have evolved over the years and when we write about the changes in our life, either external or in our inner selves we are actually documenting the era in which we live. Some change stories bring a fond smile, some nostalgia, some a shake of the head in despair, some awe and amazement at one's own courage and some bring on a tear or two.

The journey of the Sangini magazine is now 25 years old and it is only befitting that the changing times be documented in this issue- a tribute to the fortitude and adaptability of our Sanginis.

We acknowledge with gratitude all those who shared their experiences with us. This is a truly personal journey and we have tried to incorporate a spectrum of change stories. We hope every one of you will find a resonance in this edition of the Sangini magazine and maybe find easier to accept the change that is an inevitable part of living. We wish you grow stronger and more empowered with each change in your life, bring about change whenever necessary and respond to change with strength and wisdom.

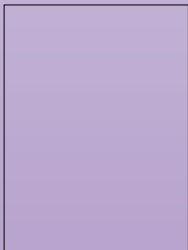
Poonam

Mrs Poonam Tiwari
Chief Editor

Editorial Board



(L-R) : Mrs Namrata Shendye, Mrs Hema Rana,
Mrs Poonam Tiwari
Mrs Indu Ramakrishnan, Mrs Smita Maheshwar



Cover design by

Meet the Team



Poonam Tiwari

A Retired Corporate professional, blogger, published translator, science lover.

Bliss: Flowers and plants, a good day at golf, penning some lovely words, reciting beautiful lines.

Favourite quote: *"Any time women come together with a collective intention, it's a powerful thing. when women come together with a collective intention, magic happens."* - Phylicia Rashad

A teacher by profession who has also tried her hand at jewelry making, porcelain painting, learning French and baking.

Bliss: Tucking into a sinful piece of cake or chocolate with a cup of coffee..... exploring quaint little streets and markets, looking out for bargains

Inspiration: People, different cultures, hard work and sincerity

Passionate belief: Goodness and kindness resides in every human heart.



Indu Ramakrishnan



Smita Maheshwar

Freelance writer, editor, teacher (in the distant past).

Bliss: A book in my hand, a cat on my lap and myriad birds and strays around.

Inspiration: Nature, books, people, animals...not in any particular order!

Favourite Quote: *"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel".* – Maya Angelou

Full time mother, part time teacher, well versed in requirements of differently abled children.

These are a list of my favourite things. Classical dance (Kathak), novels (all kinds), cooking, conducting special children related workshops, and many more.....

I am inspired by. Finding meaning to life from the smallest day to day happenings, acknowledging life as the miracle of God.

Favourite Quote. *Love all, trust a few, do wrong to none..*



Namrata Shendye



Hema Rana

"My home is my canvas, kitchen is my lab and teaching is my passion."

Bliss: Watching night sky, soft melodies and long drives.

Inspiration: Smiling faces, blooming flowers, drizzle and dedicated soldiers.

Favourite quote: *"The Woods are lovely, dark and deep, but I have promises to keep and miles to go before I sleep."* - Robert Frost

Feather in my cap: AFWWA awardee 2018 for outstanding contribution from Air Force Academy, Dundigal.

We are grateful to ...

... Mrs. Kamalpreet Dhanoa, President, AFWWA for giving us this opportunity of putting together this 25th issue of Sangini 2019. Her encouragement, support and guidance have been truly instrumental in this publication.

... all the AFWWA (R)s and AFWWA (L)s, in ensuring not only timely submission of articles, but also for maintaining high standards of submissions.

...Team, AFWWA HQ, led by Sqn Ldr Jagriti Mukherjee and other staff who helped in making our job easier.

... each and every one of the Sanginis, children and Lady Officers for taking their precious time out and sending in their contributions. Paucity of space and fear of repetition of subject matter are the only reasons, that all the submissions could not be published. We deeply regret any disappointment and hope you continue writing!

... Sgt Vijay Kumar, AFWWA HQ, who worked tirelessly and painstakingly, efficiently coordinating the whole process on all fronts and ensuring smooth work-flow. This is his 6th Sangini. He is a master of the craft.

... the publishers, Akshay Media Private Ltd for their participation, their inputs and most importantly for adhering to the deadlines!

We are nothing if not our experiences, our stories and our perspectives. Our endeavour has been to make "Sangini 2019" truly a collective reflection of that.

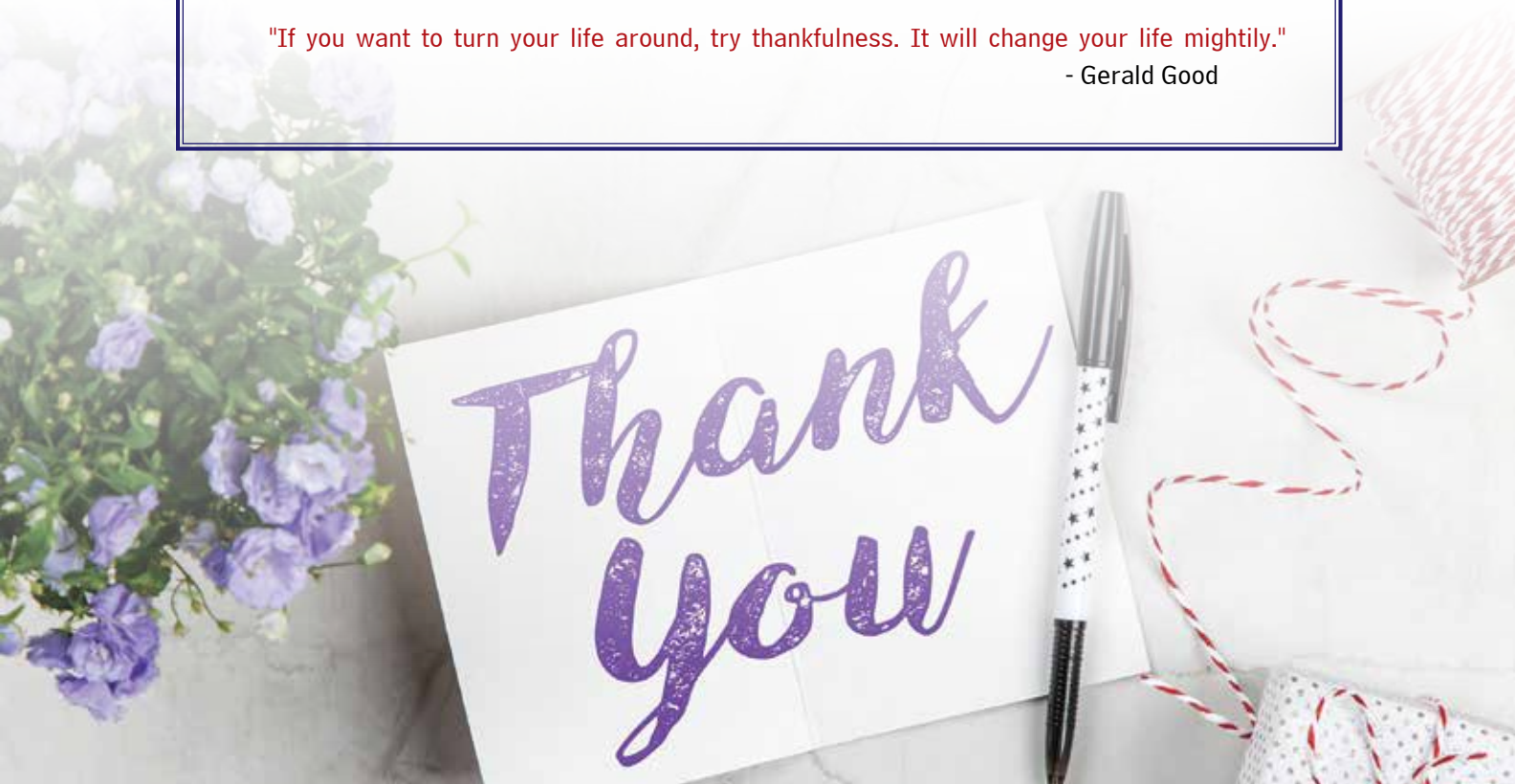
And we hope you enjoy reading it as much as we enjoyed putting it together for you.

Happy Reading!

Editorial Team

"If you want to turn your life around, try thankfulness. It will change your life mightily."

- Gerald Good



Our Pioneers



Mrs Ela Lal (Late)
27 Aug 1970-28 Feb 1973



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



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



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



Mrs Parkash Dilbagh Singh
01 Sep 1981 - 31 Aug 1984



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



Mrs Rita La Fontaine (Late)
05 Jul 1985 - 31 Jul 1988



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



Mrs Asha Suri
01 Aug 1991 - 31 Jul 1993



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



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



Mrs Molina Tipnis
01 Jan 1999 -31 Dec 2001



Mrs Harveen Krishnaswamy
01 Jan 2002 - 31 Dec 2004



Mrs Vandana Tyagi
01 Jan 2005 - 31 Mar 2007



Mrs Zareen Major
01 Apr 2007 - 31 May 2009



Mrs Madhubala Naik
01 Jun 2009 - 31 Jul 2011



Mrs Kiran Browne
01 Aug 2011 - 31 Dec 2013



Mrs Lily Raha
01 Jan 2014 - 31 Dec 2016

In Memoriam
Mrs Rita La Fontaine
President AFWWA
05 Jul 1985 - 31 Jul 1988



"What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of other ."

Mrs Rita La Fontaine, a stalwart Sangini and President AFWWA (1985-88) indeed left her footprints in the hearts and minds of Sanginis for generations to come. She was a compassionate and warm lady with a great vision and determined resolve to address and solve the problems faced by her Sanginis and families.

She was instrumental in inaugurating the now famous, Santushti Shopping Complex in 1986. Her vision helped to establish hostels for wards of Air Force personnel and undertake various welfare activities with the income generated from the complex. During her tenure she successfully led the conduct of various Vocational courses, Adult Education classes and made significant donations to old age homes.

She also worked relentlessly towards providing rehabilitation and assistance to Sanginis who had lost their husbands, because she believed once a family always a family.

In the true spirit of the words, she encapsulated the essence of "AFWWA ke sang paye hum Samridhi va Swabhiman"

She left for her heavenly abode on 29th March, 2019.

AFWWA AWARDEES 2019 FOR OUTSTANDING WORK

Mrs Simi Ali W/o Wg Cdr MS Ali, her contributions and proactive involvement at AFWWA(L) Jorhat AF is especially praiseworthy.

During the recent crisis, a 43 Squadron AN 32 aircraft, on its mission to Mechuka ALG with 13 brave Air Warriors on board went missing on 03 Jun 19. While a massive Search and Rescue operation was launched, Mrs. Simi Ali stepped forward and like a beacon of hope, relentlessly visited the families of the missing Air Warriors and provided them the much needed encouragement and optimism in those bleakest and stressful hours. She left no stone unturned to ensure necessary administrative facilities for these families and incoming relatives.



Mrs. Simi Ali has time and again proved herself to be a conscientious and dedicated 'Sangini' through involvement with the various AFWWA activities which spotlight her selflessness and helpful nature. She encourages ladies to step out and be a part of people's lives, helping wherever they can, whenever they can and as much as they can.

Mrs Vibha Mishra W/o late Sgt DB Mishra is an active member of AFWWA(L) Jamnagar. She works as a teacher in Umeed Vidya Kiran (UVK) school.

After the sudden and tragic demise of her husband in Oct 2009, She had to single handedly shoulder the responsibility of raising two small children.

Mrs Vibha Mishra, instead of wallowing in self-pity, gathered her wits and went ahead to do her B.Ed (Bachelor in education) and confidently agreed to take up the position of a teacher in the newly instituted Umeed Vidya Kiran in Jamnagar. She pioneered the job as a diligent teacher of Umeed Vidya Kiran by attending numerous NTT workshops and successfully completing a short computer course. Because of her cheerful disposition and vivacious nature, the strength of school increased from 5 to 30 students in a span of 5 years. In this period, she also successfully mastered the art of operating and teaching with the help of smart boards. Mrs Vibha Mishra is a learner and is ever willing to acquire and implement new teaching skills where benefit her teacher student relationship immensely.



Mrs Gauri Behura, W/o NC(E) Babul Behura of Air Force Station Thanjavur has been associated with AFWWA from the day she became member of this association. She also needs to look after her daughter, who is a special child with 45 % loco-motor disability. In spite of her commitments to her daughter, she is highly dependable and displays high sense of sincerity in the discharge of her responsibilities with full care and concern. She takes active part in various cultural activities and is a motivating factor for other Sanginis.

With an urge to contribute her bit to the welfare of the society, she has taken on the responsibility of creating awareness about waste management. Leading from the front, she makes visits regularly to residential areas and explains the importance of waste management, process of composting and recycling of food waste into manure in detail. She also participated in the Save Water Marathon held at Kumbakonam.



She was the prize winner in AFWWA's Got Talent at Station level. Her second daughter is going to represent India for Junior Model International – 2019, world final at Dubai.

AFWWA AWARDEES 2019 FOR OUTSTANDING CONTRIBUTION

Mrs Arti Prasad, W/o Wg Cdr Rakesh Kumar is an active member of AFWWA. An extremely motivated, amiable individual, she has been the pillar of strength and inspiration to Sanginis of AF Stn Thanjavur. She has recently coordinated with officials of IIFPT (Indian Institute of Food Processing Technology) Thanjavur to organize a visit to their campus along with Sanginis of AF Stn Thanjavur. Because of her keen initiatives, the institution offered few seats of Entrepreneurship Development Training for manufacturing Functional Beverages from Fruits and Vegetables to our Sanginis free of cost.

Mrs Arti Prasad is also looking after the play school at AF Stn Thanjavur as a volunteer and due to her super management skills, foresight and able guidance, the school has evolved as one of the best schools in the vicinity.

Apart from the above, thanks to her organising capabilities, AFWWA ventures at AF Stn Thanjavur have taken a new shape and have become more prolific. Mrs Arti Prasad a true Sangini who deserves to be commended for her contribution to the cause of service.



AFWWA(R) SAC

Mrs Sonam Rai W/o Sqn Ldr Ashutosh Rai has been an active member of AFWWA(L), AF Stn Adampur.

Mrs Sonam Rai is an Automation and Robotics Engineer. She has an experience of almost 8 years of working in automation field and has worked on various projects worldwide. Ever since her arrival at AF Stn Adampur, She has been keen on imparting the basic education of robotics and electronics to the children of the station. She made a detailed plan of a basic course spanning 50 hours to impart the basics of robotics to the children. Towards this, a demonstration was conducted by her through AFWWA(L) for all interested parents and the children. The session gathered huge interest and response; and the first batch of Robotics course was started in December 18. Her persistence and dedication ensured that the students not only mastered the skill imparted, but also came up with wonderful projects such as Traffic Control Robot, Robot Fire Alarm, Bluetooth operated car etc.

Apart from running the Robotics Workshop, she is very active in all AFWWA initiatives and contributed effectively to the cause of AFWWA. For her utmost dedication towards AFWWA, Mrs Sonam Rai is recommended for Best AFWWA Contributor for the year 2019.



AFWWA(R) WAC

Mrs Beena Prasad W/o WO B Prasad is a dynamic member of AFWWA(L). She has been actively contributing as Secretary AFWWA(L) at AF Stn Lonavla for the past two years. She took initiative to set up a Sangini Assistance Team (SAT) under the aegis of President AFWWA(L) to ensure effectiveness of the existing welfare measures and to provide assistance to the families during exigencies.

Due to her initiative, a dedicated well-equipped Ladies Health Club has been set up in the AFWWA(L) Complex. It needs special mention that the average monthly sale of AFWWA (L) Thrift shop has increased almost five fold in the last two years due to her active involvement in its management. For her firm commitment, positive attitude and perseverance, Mrs Beena Prasad is strongly recommended for the Best AFWWA(L) Contributor of AF Stn Lonavla.



AFWWA(R) SWAC

AFWWA AWARDEES 2019

FOR OUTSTANDING CONTRIBUTION



AFWWA(R) CAC

Mrs Gayatri Mauriya W/o NC(E) Mohan Mauriya is a member of AFWWA (L) at Air Force Station, Bakshi Ka Talab.

Mrs. Gayatri Mauriya is a hard working and diligent Sangini. She has been a dedicated and honest worker. She encourages wives of NCs (E) to become AFWWA members and to attend AFWWA meetings/activities. She also propagates the benefits of being AFWWA member to the wives of other NCs (E), due to which more Sanginis have become AFWWA members. They are now actively participating in all the AFWWA meetings / functions and have better awareness about the benefits sponsored by AFWWA. In spite of having a special child she manages her domestic requirements excellently thus finding the time to enthusiastically participate in all AFWWA activities regularly. For her professional approach, hard work and initiative Mrs. Gayatri Mauriya is recommended for Best AFWWA Contributor for the year 2019.



AFWWA(R) MC

Mrs Archana Singh W/o Sgt Sanjay Singh is an active member of AFWWA (L) 14 BRD. She has been discharging her duties as an AFWWA Secretary in its letter and spirit with effect from 15 Dec 17. Mrs. Archana Singh took initiative to provide assistance for NGO-Ujjala Home and motivated the Sanginis for collection of clothes and ration to Orphanage at Guwahati and gifts with other eatables in terms of in kind donation to Municipal Primary School at Kahikuchi, near Airport Guwahati. She has played key role during cleanliness drive activity along with children and Sanginis under Swatch Bharat Abhiyan on the eve of International Youth Day.

Mrs. Archana Singh performed a street play under a literacy campaign in a village Borjhar on 23 Mar 19 to create awareness amongst women regarding menstrual hygiene, women empowerment and other related issues. For her outstanding sincere commitment, belongingness, dedication and contribution Mrs. Archana Singh is recommended for the Best AFWWA Contributor.



AFWWA(R) EAC

Mrs Vinny Zachariah W/o Gp Capt A Zachariah is an active member of AFWWA(L) Air Force Station Chabua. She is a sincere and energetic Sangini who with her ample experience in the field of education has dedicated herself for the escalation of knowledge of Sanginis and children.

She has selflessly indulged in conducting Spoken English classes for the Sanginis. She has also taken guest lectures for NTT classes being conducted in the Station. Off late, she started reading sessions for children in the AFWWA library. Her ability to motivate, helpfulness and pleasing nature have encouraged more and more children to take keen interest in reading.

For her relentless pursuit of excellence, high degree of professionalism and devotion to duty, Mrs Vinny Zachariah is recommended for the Best AFWWA Contributor Award.



AFWWA(R) TC

Mrs Seema Roy W/o WO N Roy is a homemaker and a very dynamic Sangini. She is working as AFWWA secretary of Electronic Training Institute since Aug 2018.

She holds regular motivational talks for her fellow Sanginis about Healthy food habits. She is an efficient organizer and volunteers to take on organising duties at Station meets and functions.

She offers sound counsel and has served as a crucial bridge between officer and men ladies. She has helped the CO's wife in finding amicable solutions to marital problems, often helping nip problems in the bud. She is always seen at the forefront of any AFWWA activity by being part of AFWWA choir, dance or other activities in the station.

For her dedication and immense contribution towards various activities in AFWWA, she is highly recommended for best AFWWA contributor award for the year 2019.

AFWWA AWARDEES 2008-2018

NAME	YEAR	OUTSTANDING WORK
Mrs Rakhi Gupta W/o Wg Cdr AK Gupta	2008	Social Work and Welfare activities of AFWWA
Mrs Vidhya Prajapati W/o Sgt Deepak Prajapati	2008	Social Work and Welfare activities of AFWWA
Mrs Phool Tara Devi W/o NC(E) Ramesh Thakur	2008	Social Work and Welfare activities of AFWWA
Mrs Ruchita Dhaga W/o Wg Cdr S Dhaga	2009	Social Work and Welfare activities of AFWWA
Mrs Neelam Maurya W/o Sgt A Maurya	2009	Social Work and Welfare activities of AFWWA
Mrs Timple Bhaskaran W/o NC(E) Bhaskaran	2009	Social Work and Welfare activities of AFWWA
Mrs Sushma Mutalik W/o Air Cmde SV Mutalik	2010	Social Work and Welfare activities of AFWWA
Mrs Sanju Shukla W/o JWO RK Shukla	2010	Social Work and Welfare activities of AFWWA
Mrs Gandhimathi W/o NC (E) D Selvam	2010	Social Work and Welfare activities of AFWWA
Mrs Rachna Joshi W/o Wg Cdr Rajeev Joshi	2011	Social Work and Welfare activities of AFWWA
Mrs Anita Teotia W/o Sgt BP Singh	2011	Social Work and Welfare activities of AFWWA
Mrs Balwinder Kaur W/o NC (E) G Singh	2011	Social Work and Welfare activities of AFWWA
Mrs Shonima Kamath W/o Gp Capt CM Kamath	2012	Social work and welfare activities of AFWWA
Mrs Amreesh Devi W/o JWO Shyam Phool	2012	Social Work and Welfare activities of AFWWA
Mrs Usha Rani W/o NC (E) Shyam Kumar	2012	Social Work and Welfare activities of AFWWA
Mrs Rashmi Singh W/o Gp Capt Surya Prakash	2013	Social Work and Welfare activities of AFWWA
Mrs Sunita Dudeja W/o WO RK Dudeja	2013	Social Work and Welfare activities of AFWWA
Mrs Affrina Rahman W/o NC(E) G Ahmed	2013	Social Work and Welfare activities of AFWWA
Mrs. Rajeshwari Nai W/o Wg Cdr AR Muralidharan	2014	Social Work and Welfare activities of AFWWA
Mrs. Babita Sheoran W/o Sgt LK Sheoran	2014	Social Work and Welfare activities of AFWWA
Mrs. Savita Yadav W/o NC(E) SP Singh	2014	Social Work and Welfare activities of AFWWA
Mrs. Sadiya Kazmi W/o Gp Capt SI Kazmi	2015	Social Work and Welfare activities of AFWWA
Mrs. Sumitra Yadav W/o WO RK Yadav	2015	Social Work and Welfare activities of AFWWA
Mrs. Gayatri Mourya W/o NC(E) M Mourya	2015	Social Work and Welfare activities of AFWWA
Mrs Roopa Nisal W/o Wg Cdr Anand Nisal	2016	Social Work and Welfare activities of AFWWA
Mrs Rajju Kumari W/o JWO Chaman Lal	2016	Social Work and Welfare activities of AFWWA
Mrs Kantasri W/o NC(E) K Singh	2016	Social Work and Welfare activities of AFWWA
Mrs Veena Chauhan W/o Wg Cdr P Chauhan	2017	Social Work and Welfare activities of AFWWA
Mrs Rashithara Santosh W/o WO M Santosh	2017	Social Work and Welfare activities of AFWWA
Mrs Mana Mishra W/o NC (E) Surynarayan Mishra	2017	Social Work and Welfare activities of AFWWA
Mrs Savita Nirwal W/o Gp Capt Harish Nirwal	2018	Social Work and Welfare activities of AFWWA
Mrs. Rajbala Chahal W/o WO SR Chahal	2018	Social Work and Welfare activities of AFWWA
Mrs Tulshi Khadka W/o NC(E) GB Khadka	2018	Social Work and Welfare activities of AFWWA

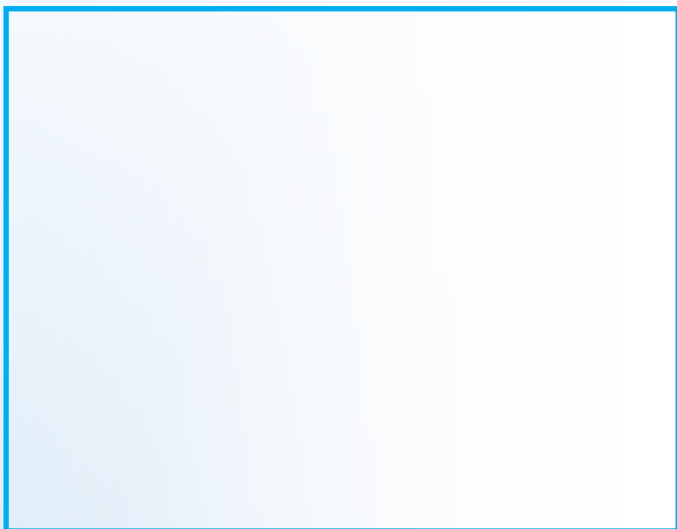
AFWWA AWARDS FOR THE BEST PLAY SCHOOLS

1st Blooming Buds Play School
Ambala (HQ WAC)

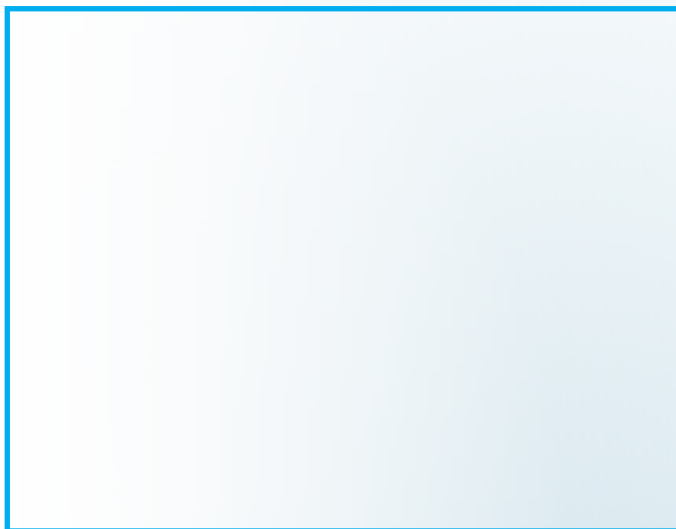
2nd Little Angels Play School
Sulur (HQ SAC)

3rd Blossom Play School
Jamnagar (HQ SWAC)

AFWWA AWARDS FOR THE BEST AIR FORCE MEDICAL ESTABLISHMENTS



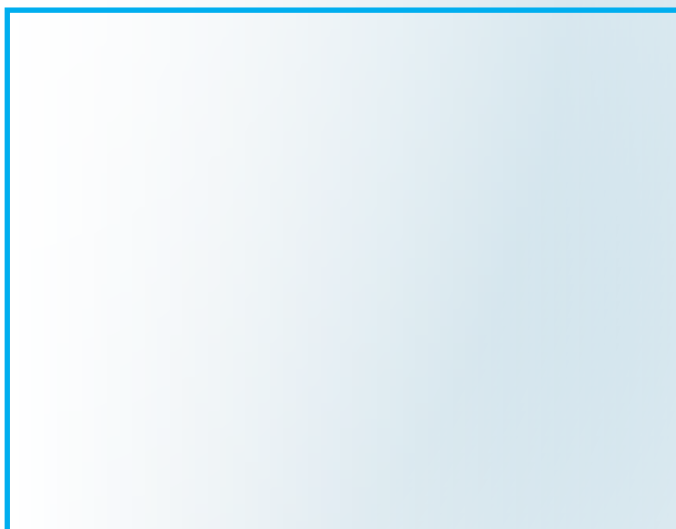
Best AF Hospital :
7 AFH, Kanpur (HQ CAC)



Best Station Medicare Centre :
Air Force Station Palam (HQ WAC)



Best MI Room :
Air Force Station Bhowali (HQ CAC)



Best Dental Centre :
17 AFDC, Gorakhpur (HQ CAC)

BOARD OF MANAGEMENT MEMBERS AS ON OCTOBER 2018



Sitting (L to R): -

Mrs Baljeet Arora, Mrs Radha Suresh, Mrs Asha Bhadauria, Mrs Devika Hari Kumar, Mrs Deepshikha Khosla, Mrs Kamalpreet Dhanoa, Mrs Harbinder Walia, Mrs Alpana Sinha, Mrs Kusum Sharma, Mrs Luxmi Nambiar.

Standing (L to R):-

Mrs Sarita Singh, Mrs Hemangi Joshi, Mrs Chanda Jha, Mrs Bhagyashri Vidhate, Mrs Seema Dev, Mrs Pamela Singh, Mrs Poonam Tiwari, Mrs Simmar Dhillon, Dr (Mrs) Aruna Pradhan, Mrs Neerja Singh, Mrs Jaspreet Shera, Mrs Shubhada Bhagwat, Mrs Shaili Sharma, Mrs Smita Pradeep Bapat, Mrs Neeta Chaudhari, Mrs Mamta Khattri, Mrs Charu Agarwal, Mrs Monika Vashisht, Mrs Sanjukata Panda.

BOARD OF MANAGEMENT MEMBERS AS ON APRIL 2019



Sitting (L to R): -

Mrs Simmar Dhillon, Mrs Jaspreet Shera, Mrs Baljeet Arora, Mrs Radha Suresh, Mrs Deepshikha Khosla, Mrs Kamalpreet Dhanoa, Mrs Asha Bhadauria, Mrs Luxmi Nambiar, Mrs Jaya Kumar, Mrs Shipra Mathur.

Standing (L to R):-

Mrs Monika Saha, Mrs Preeti Kapoor, Mrs Mamta Khattri, Mrs Vyjayanthi Choudhury, Mrs Ruchira Pande, Mrs Lakshmi Menon, Mrs Seema Dev, Mrs Pamela Singh, Mrs Poonam Tiwari, Mrs Neerja Singh, Mrs Neeta Sachdeva, Dr (Mrs) Gurpreet Kaur Grewal, Mrs Neeta Chaudhari, Mrs Anita Choudhary, Mrs Shail Ranyal, Mrs Bhagyashri Vidhate, Mrs Charu Agarwal, Mrs Sunita Gupta, Mrs Sunita Choudhary.

AFWWA BENEFITS EXTENDED TO AFWWA MEMBERS

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

Ex-Gratia Payment

Ex-gratia payment of ₹25,000/- (one time) is paid to the member on demise of her husband while in service. The said grant is paid to the member in grief by the last serving unit of her husband or by the nearest unit where she is residing. If both parents expire in any causality the grant would be extended to the eldest child. In both cases the amount is reimbursed subsequently by AFWWA HQ. AFWWA has distributed Ex-Gratia grant to 117 aggrieved Sanginis amounting to ₹29,25,000/- during the financial year 2018-19.

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: -

- Mother of the child should be an AFWWA member.
- The child should be studying in a recognized school.
- Only one child per family is considered for the scholarship.
- The duration of scholarship is one year only.
- Preference will be given to the girl child.
- The student should not be in receipt of any other scholarship from any other Welfare organisation/ Institution.

AFWWA has extended this scholarship to all 44 eligible students during the financial year 2018-19, amounting to ₹2,20,000/-.

Wedding Grant

An amount of ₹10,000/- is given as a grant for the marriage of one child of a widow who is a member of the AFWWA and whose husband dies while in service after May 1987 on receipt of application by AFWWA HQ along with the Wedding Card and certificate from the Registrar of Marriage/Village Panchayat. In case it is not feasible to get the certificate from the Registrar/Panchayat, an Air Force Officer may authenticate the application. The grant would be extended to one son if there is no girl child in the family. AFWWA has extended Wedding Grant of ₹1,10,000/- to 11 members during the financial year 2018-19.

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	₹ 1000/- p.m.	₹ 12000/- p.a.
School going boarders	₹ 1500/- p.m.	₹ 18000/- p.a.
College going day scholars & boarders	₹ 1500/- p.m.	₹ 18000/- p.a.
Professional Courses only	₹ 2000/- p.m.	₹ 24000/- p.a.

During the financial year 2018-19, AFWWA Educational Scholarship was given to 32 students in various categories which amounts to ₹1,27,025/-.

AFWWA Scholarship Schemes and Eligibility Criteria

Late Air Chief Marshal PC Lal Memorial Scholarship

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

- (a) Mother of the child should be an AFWWA member.
- (b) The student should have passed 12th Std and obtained admission for graduation in a recognised college.
- (c) Medical certificate of handicapped child from competent authorities.

During the financial year 2018-19, Late Air Chief Marshal PC Lal Memorial Scholarship was given to 04 students which amounts to ₹34,800/-.

Late Wg Cdr AS Puranik Memorial Scholarship

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

- (i) Mother of the child should be an AFWWA member.
- (ii) The student should have passed 8th std and scored 95% marks and above.
- (iii) The scholarship will be transferred to another child in case he/she scores less than 70% marks.

Scholarship for Undergraduate Courses

Two Hundred Fifteen (215) children of serving officers, airmen and NCs (E) who are not in receipt of any other scholarship, are given financial assistance of ₹5,000/- (one time only) for MBBS, BDS, BE, B Tech, B Arch, B Pharma, BPT, BBA/MBA, BCA/MCA, LLB, Bachelor of Fashion Designing (NIFD), Bachelor of Mass Communication & Journalism (4/5 Years Courses after 12th Std). The application on prescribed form is to be submitted to AFWWA through AFWWA (R) latest by 30 November every year. The eligibility conditions and the main criteria for grant of the scholarship are:

- a. Mother of the child should be an AFWWA member.
- b. The child should have secured 80% and above marks in the qualifying exam i.e. 12th and should have admission in one of the above mentioned professional course.
- c. Preference will be given to a girl child.
- d. The duration of scholarship is one year only.
- e. Financial status of the family will be taken into consideration.

AFWWA has given 67 Undergraduate Scholarships during the financial year 2018-19 which amounts to ₹3,35,000/-.

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.

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.

Medical Assistance

AFWWA member whose husband is boarded out on medical grounds not attributable to service is given a one-time grant of ₹15,000/- to be paid by the last Unit of her husband. The amount is reimbursed to AFWWA (L) by AFWWA HQ and concerned AFWWA (R) by sharing the expenditure equally. Medical Grant of ₹15,000/- was provided to 02 AFWWA members during the financial year 2018-19.

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 2018-19 is ₹40,000/-.

Scholarship for Sportsmen

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

(1) Position Amount

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

(2) Criteria.

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

The amount extended by AFWWA during the financial year 2018-19 is ₹18,000/-.

Goodwill Scholarship for Special Children

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

- (a) The mother of student should be an AFWWA member.
- (b) Financial capability of the parents will be the criteria for giving scholarship.
- (c) This scholarship will be over and above any other scholarship received by the special child.

The amount extended by AFWWA HQ during the financial year 2018-19 is ₹1,20,000/- to 15 wards of AFWWA members.

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 2018-19 is ₹25,500/- to 03 wards of AFWWA members.

Naik's Scholarship for Special Child

A scholarship has been instituted for a special child of serving Airmen/NCs (E) studying in Umeed Vocational Centre. One (01) special child of the Umeed Vocational Centre was paid an amount of ₹5000/- as one time grant by AFWWA HQ during the financial year 2018-19.

Wg Cdr & Mrs PC Kalia Scholarship

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

- (a) The mother of the child should be an AFWWA member in case of the ward of NC(E). However, AFWWA membership is not applicable in case of children of DSC personnel.
- (b) The child should be studying in a College/ Institution recognized by UGC/Govt after passing 12th in 2016 with 70% mark or above.
- (c) Preference will be given to girl child.
- (d) Scholarship will be granted on merit.
- (e) Student should not be in receipt of any other scholarship/free education from any other organisation/institution. If student has received any other scholarship, he will have the liberty to retain only one scholarship and has to return the other scholarships.
- (f) The duration of scholarship will be for one year and name of the same student will not be considered again.

The amount extended by AFWWA HQ during the financial year 2018-19 is ₹50,000/-.

Canberra- Flt Lt MS Sarin Memorial Scholarship

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

Rehabilitation of Widows of NCs (E)

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

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

AFWWA has extended Rehabilitation Grant of ₹1,46,000/- to aggrieved members during the financial year 2018-19.

Scholarship for Higher Education/ Praudh Shiksha to Sanginis

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

For Higher Education

- This scholarship is only for the wives of serving Air Force personnel.
- The Sangini should be a Life member of AFWWA.
- Higher Education will be given preference.

For Praudh Shiksha

- This scholarship is only for the wives of serving Air Force personnel.
- The Sangini should be a Life member of AFWWA.
- NCs(E) wives will be given preference.

The amount extended by AFWWA HQ during the financial year 2018-19 is ₹1,80,000/- to 12 Sanginis.

New announcements : Scholarships Scholarship for Artists

The scholarship has been instituted for children of serving Air Force personnel who are outstanding artists. The ward should have participated and excelled at State/ National level (e.g. Dance, Painting, Dramatics etc.) The rates and eligibility criteria for the scholarship are as follows:-

Position	Amount	Period	Criteria
1 st	₹ 15000/-	Lump sum one time only	(a) The mother of the child should be a Life Member of AFWWA.
2 nd	₹ 10,000/-		(b) The child should excel at State/National level and score a position.
3 rd	₹ 8,000/-		(c) The duration of scholarship is one year only.

Late Air Marshal SR Deshpande Scholarship

Terms and Conditions of Scholarship

- The scholarship will be awarded to children with special needs.
- Two scholarships @ Rs. 10,000/- each will be awarded to the children (one boy & one girl) of serving Airmen/NCs(E).
- The mother of the child should be a life member of AFWWA.
- The scholarship is for a period of one year and a fresh selection will be carried out every year.
- Financial capability of parents and disability percentage will be the criteria for giving a scholarship.
- The completed application along with medical certificate issued by competent medical authority to be forwarded through AFWWA (Ls)/(Rs) , so as to reach this HQ by 30 Sep every year.



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

Sl. No	Location	Command	No. of Students	Facilities Available
1	Halwara	HQ WAC	20	Physiotherapist and Speech Therapist
2	Chandigarh	HQ WAC	27	Physiotherapist, Speech Therapist, Hydratherapist, Occupational Therapist
3	Pune	HQ SWAC	31	Special Educator, Physiotherapist, Speech Therapist and Psychologist
4	Kanpur	HQ MC	41	Special Educator and Physiotherapist
5	Bangalore TC (U)	HQ TC	17	Special Educator, Physiotherapist and Speech Therapist
6	Bangalore AF Stn Jalahalli	HQ TC	16	Special Educator, Physiotherapist and Vocational Therapist
7	Tambaram	HQ TC	14	Physiotherapist, Speech Therapist, Vocational Therapist
8	Barrackpore	HQ EAC	67	Physiotherapist, Speech Therapist, Vocational Therapist and Hydro Therapist
9	Memauro	HQ CAC	04	Physiotherapist and Speech Therapist
10	Subroto Park New Delhi	AFWWA HQ	37	Special Educator cum Vocational Trainer, Physiotherapist, Speech Therapist and Psychological Counsellor
Total			274	

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

Sl. No.	Unit	Place	Name of School	No. of Children
1	AF Stn Halwara	Ludhiana (PB)	Umeed Vidya Kiran	01
2	AF Stn Pathankot	Pathankot (PB)	Umeed Literacy	15
3	AF Stn Suler	Coimbatore (TN)	Umeed Vidya Kiran	64
4	AF Stn Ojhar	Nasik (MH)	Umeed Vidya Kiran	13
5	AF Stn Amla	Amla (MP)	Umeed Vidya Kiran	17
6	AF Stn Vayusena Nagar	Nagpur (MH)	Umeed Vidya Kiran	02
7	AF Stn Jodhpur	Jodhpur (RJ)	Umeed Vidya Kiran	69
8	AF Stn Uttarlai	Uttarlai (RJ)	Umeed Vidya Kiran	29
9	AF Stn Jamnagar	Jamnagar (GJ)	Umeed Vidya Kiran	10
10	AF Stn Kalaikunda	Kharagpur (WB)	Umeed Vidya Kiran	25
11	AF Stn Jorhat	Jorhat (Assam)	Umeed Vidya Kiran	59
12	AF Stn Tezpur	Tezpur(Assam)	Umeed Vidya Kiran	15
13	AF Stn Chabua	Chabua (Assam)	Umeed Vidya Kiran	48
14	AF Stn Shillong	Upper Shillong (Meghalaya)	Umeed Vidya Kiran	33
15	AF Stn Bareilly	Bareilly (UP)	Umeed Vidya Kiran	40
16	AF Stn Gorakhpur	Gorakhpur (UP)	Umeed Vidya Kiran	34
17	AF Stn Maharajpur	Gwalior (MP)	Umeed Vidya Kiran	58
18	AF Stn Bakshi Ka Talab	Lucknow (UP)	Umeed Vidya Kiran	70
19	AF Stn Bamrauli	Allahabad (UP)	Umeed Vidya Kiran	35
20	AF Stn Rajokri	Delhi	Umeed Vidya Kiran	17
21	AF Stn Arjangarh	Delhi	Umeed Vidya Kiran	21
22	AF Stn Tughlakabad	Delhi	Umeed Vidya Kiran	22
23	AF Stn Chandigarh	Chandigarh (UT)	Umeed Vidya Kiran	47
24	AF Stn Chakeri	Kanpur (UP)	Umeed Vidya Kiran	75
25	AF Stn Agra	Agra (UP)	Umeed Vidya Kiran	36
26	AF Stn Jammu	Jammu (J&K)	Umeed Vidya Kiran	26
Total				881



LIST OF AFWWA HOSTELS

Sl.No.	Command	Name & Place	Status of Hostels	Capacity
1	AFWWA HQ	Happy Landings - AFWWA Girls Hostel Subroto Park, New Delhi	Girls	60
2	HQ WAC	Trishul AFWWA Boys Hostel Subroto Park, New Delhi	Boys	30
3	HQ SWAC	AFWWA Hostel AF Stn Pune	Girls	36
4	HQ SWAC	AFWWA Hostel AF Stn Mumbai	Boys	20
5	HQ MC	AFWWA Hostel AF Stn Chandigarh	Boys	24
6	HQ MC	AFWWA Hostel Vayusena Nagar, Nagpur	Boys	20
7	HQ MC	AFWWA Hostel 9 BRD, AF Pune	Boys	24
8	HQ MC	AFWWA Hostel AF Stn Ojhar, Nashik	Boys	20
9	HQ MC	AFWWA Hostel AF Stn Sullur	Boys	10
10	HQ TC	AFWWA Student Study Centre AF Stn Jalahalli	Boys & Girls	70+32=102
11	HQ TC	AFWWA Student Study Centre AF Stn Tambaram	Boys	16
12	HQ TC	AFWWA Student Study Centre AF Stn Begumpet	Boys & Girls	16+14=30



AFWWA Initiatives Under The Ambit CORPORATE SOCIAL RESPONSIBILITY (CSR)

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

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

Procter and Gamble Ltd.

(a) "SUPPORT FOR UMEED ASHA KIRAN SCHOOL, CHANDIGARH"

The firm has donated Rs 30,00,000/- (Thirty Lakhs only) to AFWWA under its P&G Shiksha Fund. The same was utilised for the infrastructural development of the newly set up Umeed Asha Kiran School at Air Force Station, Chandigarh. The project has been successfully completed. This project has ensured state of the art school for special children at Umeed Asha Kiran School, Chandigarh.





(b) "SUPPORT FOR UVKS/UAKS/Umeed VTC"

The firm has donated Rs 35,00,000/- (Thirty Five Lakhs only) to AFWWA under its P&G Shiksha Fund. The same will be utilised to develop infrastructure UVKS/ UAKS/Umeed VTC. The details are as follows:-

SI	Name of AFWWA Venture	Project	Fund allotment
a)	Composite Therapy Centre, Palam	Infrastructural development & Hiring of Specialists	Rs 8,53,000/-
b)	UVKS, Sulur	Infrastructural development	Rs 3,00,000/-
c)	UVKS, Amla	Infrastructural development	Rs 1,72,000/-
d)	UAKS, Kanpur	Hearing aids (RTE) & Infrastructural development	Rs 2,00,000/-
e)	UVKS, Kanpur	Infrastructural development	Rs 6,55,000/-
f)	Umeed VTC	Purchase of Photocopier, Computers and Peripherals	Rs 6,00,000/-
g)	Umeed VTC	Conduct of special courses	Rs 7,20,000/-
		Total	Rs 35,00,000/-

M/s Aman Behal & Noor Jahan Exports.

M/s Aman Bahal & M/s Noor Jehan Exports, a company run by Daughter of ACM OP Mehra (Retd) has donated an amount of Rs 15,00,000/- (Rupees Fifty lakhs only) towards undertaking of various beneficial activities for the members of AFWWA.



M/s Euro Foot wear, Kanpur.

The Kanpur based footwear manufacturer, M/s Euro Foot wear Pvt Ltd, Kanpur has donated an amount of Rs 50,000/- as part of its Corporate Social Responsibility. The amount has been utilised to upgrade the aesthetics and facilities of Station Medicare Centre at Air Force Station, Kanpur.

Donation to DIKSHA School (School for under-privileged Children), Udyog Vihar, Gurgaon.

Based on a request from the trustees of "DIKSHA", a charitable trust for the benefit of Underprivileged Children, the representatives of AFWWA had undertaken a visit to the school. On assessing the requirement, AFWWA has donated stationery & allied items amounting to Rs 26,400/- (Rupees Twenty Six Thousand Four Hundred only for the well being of the students.



AFWWA ACTIVITIES AT HQ LEVEL



Mrs Savita Kovind the First Lady of India arriving at Air House during Coffee Morning Feb 2019



Release of AFWWA's Annual Magazine 'SANGINI' during AGBM Oct 2018



Participants of cultural programme with President AFWWA during AGBM Oct 2018 at Air Force Auditorium Subroto Park



Mrs Savita Kovind the First Lady of India with participants of cultural programme during Air House Coffee Morning Feb 2019



A lecture on 'Cannabis-A Close Call' by Mrs Neerja Singh during BoMM Apr 2019



Cultural Programme during AGBM Oct 2018 at Air Force Auditorium Subroto Park



President AFWWA with Sanginis during AGBM Oct 2018 at Air Force Auditorium Subroto Park

PRERNA

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

As part of Air Force Day celebrations, President and Vice President AFWWA visited the Paediatric and Onco-IV ward (ward for serving personnel) of Army R&R Hospital on 23 Sep 19. They interacted with the patients and the volunteers of Perna.



UMEED

Towards empowering children with special needs

Every child matters and every child has the right to a good start in life. If every child has the right to be included then it is so very important for a special needs child too. We at Umeed are breaking barriers and shackles, fighting against all odds, treading unknown paths, beating all odds and trying our best to fill in those gaps. We are helping our children to be more self-reliant and focused and are working towards their betterment both behaviourally and professionally.

Every child is gifted, they just unwrap their packaging at different times so then why are children with special needs being stigmatized, encountering attitudinal and physical barriers all the times. For most children with learning disabilities the question of what they wish to become once they grow up is often not asked. Some drift from special or mainstream schools into specialized courses of further education where the only expectation from them is to complete the course. There are however various career options coming up now which are very suitable for them.

At Umeed, we are not afraid of difficulties and believe that adversity is the stepping stone to a splendid opportunity. Anything is possible for those with a dream, a plan and the determination to make it happen no matter what. Small changes and small steps go a long way and help create a massive impact.



Mrs Anuradha Pabbi
Umeed Administrator

They say that I have 'Special' needs,
And while that's partly true,
The needs that matter most to me
Are the same ones you have, too
I need to be accepted
I need friends that make me smile
I need a chance to learn and grow
Feeling valued all the while.
Sure, I need some extra help,
And some things I can't do,
But I hope you'll see beyond all that....
Inside, I am just like you.

Keeping these things in perspective we at Umeed believe that no disability is insurmountable. Everyone faces obstacles and this teaches us how to deal with it without becoming discouraged or overwhelmed. We focus on a child's strength and not just weaknesses working on the child's gifts and talents and arrange activities where they excel thus building a unique learning style.

We work as a team and believe that every learner is unique and try to introduce **Targeted Strategy Framing** that can help with skill development through different vocations and focus on helping them to find their





Ms Rachna Singh
Passed XIIth



Anubhav Sharma
Passed Xth



Abhay Tomar
Appeared Xth



Akshay Yadav
Appeared Xth

strength, adding individual learning needs in a way that aims to transform the life of a student, their motivation, self-esteem and self-efficacy. We need to recognize their inherent differences and meet the diverse needs of each by processing information at varying levels of pace because of individual cognitive development, living environment, socio-economic background and personality. Our belief that all students are unique in their own way helps us to make positive inroads and thus embrace these and work towards creating an optimal learning environment for each, thus, enhancing education process and goals.

Labels abound, some of them distasteful, some inaccurate, some just in vogue, others useful for understanding and planning. We expect less from children with learning disabilities. From time to time and more often when they are in late teens students are asked what they wish to become once they grow up. Some have a ready answer and some just shrug

their shoulders. The message they get is very clear, they are expected one day to do something. But for most special needs children this question is often not asked. Often supported by parents and teachers in their school journey some of these children despair that they will never be able to undertake a normal job which is aggravated by societal apathy and mindset. Parents always worry if their kids will be able to fit into the intensely competitive work scenario. The fear is that the children with special needs are traditionally an invisible group that is just not on the radar of mainstream employment providers. They face the same challenges with the added challenge of overcoming various difficulties associated with their disability. Technology to a large extent has bridged the gap and is a good friend for these children. Everyone feels that special children can't do much. However, AIMS Media specialized courses at Umeed have helped change this perception and helped us gain a positive response and acceptance from both parents and society that



their child can do something with technology. Society at large may look at a person with special needs and see disabilities, some may feel nothing but sympathy while others due to lack of knowledge overlook these amazing individuals completely.

The vision of President AFWWA has helped us at Umeed to break the inherent barriers and traditional mindset by setting up a modern, aesthetically conducive infrastructure and learning environment and thus helping us to embrace their unique qualities and make positive use of them. Her efforts with the aesthetic ambience at Umeed have helped in creating a colourful and vibrant atmosphere bringing cheer, happiness and positivity among our children. Every step towards our vision requires cooperation and support. There has been a great deal of dedicated help and cooperation by individuals and organizations to take many positive steps towards the cause. Umeed is extremely grateful to many agencies such as P&G, IOC, Amity University and esteemed Air Force personnel and families for coming forward and extending their helping hand from time to time making it easier for us to accomplish our goals.

Beating All Odds: Our children are making us proud by excelling academically. Umeed is helping our children to pursue their academic goals through NIOS (National Institute of Open Schooling). We are proud to share with you all the academic achievements of our children with special needs.



"Special"

Although my needs may be special,
I feel and hurt the same.

Although my needs may be special,
I love and want just like you.

Although my needs may be special,
I am just as curious and scared.

Because my needs may be special,
I may not walk and run so fast.

Because my needs may be special,
I may look a little different.

Because my needs may be special,
I may talk a little funny.

Because my needs may be special,
I may learn and read a little slower.

Because my needs may be special,
I am special, a child of God like you.



AFWWA Declamation Contest 2019



President AFWWA with judges and contestants of Declamation Contest



President AFWWA with the winners of Declamation Contest 2019

Winners among contestants from Commands		Winners among contestants from Air Force Schools, Delhi Area	
English	Position	English	Position
Miss Ovyia Krishnan D/o Wg Cdr N Ramakrishnan, HQ WAC	1 st	Master Samarth Bahukhandi S/o Gp Capt S Bahukhandi, AFGJI	1 st
Miss Akshata D/o Wg Cdr RS Sambyal, HQ MC	2 nd	Master Shikhar Raj Beri S/o Wg Cdr Sanjeev Beri, AFBBS	2 nd
Miss Megha M Nair D/o Wg Cdr AR Muralidharan, HQ SWAC	3 rd		
Hindi	Position	Hindi	Position
Miss Shreya Mishra D/o JWO RR Pratap, HQ EAC	1 st	Master Vishal Bhardwaj S/o Ex-JWO Pradeep Bhardwaj, AFGJI	1 st
Miss Ayushree Shukla D/o JWO DK Shukla, HQ MC	2 nd	Miss Sparnita Raj D/o Ex-Sgt Rajesh Kumar, AFBBS	2 nd
Miss Aditi Kulkarni D/o Gp Capt Sameer Kulkarni, HQ WAC	3 rd		



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



Chief of Air Staff and President AFWWA with one of the contestant during high tea at Air House

Super - Achiever Sangini



"Bhavna Tokekar, 47, the mother of two teenagers wins 4 Gold medals at Open Asian Powerlifting Championships of AWPC/WPC at Chelyabinsk in Russia". **The WEEK**, 22nd July 2019.

"Bhavna Tokekar, mother of two teenagers, wins 4 gold medals in powerlifting at Open Asian Championships in Russia". **Financial Express Online**, 17th July 2019

"Supermum Bhavna Tokekar: Mother of two teens wins 4 golds in powerlifting at Open Asian championships" **DNA India**, 17th July 2019.

13th and 14th July 2019 were momentous days for one of our Sanginis. Bhavna Tokekar, wife of Gp Capt S. Tokekar, a dedicated Sangini did India and the IAF proud by winning four gold medals at The Open Asian Powerlifting Championships in Russia in July 2019. Her journey from a shy, introvert, thin woman to a champion powerlifter is an extraordinary tale of grit, determination, dedication and tremendous will power. Troubled by a skin allergy and to battle the side effects of its medication she took to going to the gym in 2012 and from there she started weight training. She



overcame her inhibitions about becoming muscular and bulky and trained almost every day in the gym for six years. Bhavna credits her success to the support of IAF body building team of Sgt Mohanty, LAC Gaurav Sharma, Sgt Raj Naik and Cpl Aruvi A. Her husband Gp Capt Tokekar and sons Ishaan and Aarav have always been her first priority and pillars of strength. "I am extremely proud of what I did, but let me underline that I would not have done it at the cost of my family. For me it is always family first," said Bhavna.

Her dedication, passion and tireless efforts bore fruit when she won four gold medals in her maiden international event.

We are proud of you Bhavna and wish you many more such laurels in the future.

Bhavna's message to all Sanginis

"Do not start any activity with an aim to reach a goal, first do it with all your dedication, success will follow soon. If we can pursue our interest/ hobby while doing full justice to our duty as a home maker, that would mean true success."



Why AFWWA?

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

If pushed, would you name the acronym that evokes a torrent of emotions in the Sangini's heart? But of course, it is none other than AFWWA. In some mocking asides it has been described as the Hindi word for 'rumor'. I have heard some other, equally unflattering expansions such as the "portal of power by proxy". As varied as the definitions, as much is the debate in our social and domestic circuits on its relevance. The right or the wrong way, AFWWA seems to rub people for sure!

We have all trodden that path. You join the Air Force family as a young, spunky bride with that typical energy to challenge and question the status quo. The chafing at a perceived compulsion is even more if you are yourself in uniform and married to a uniformed spouse. But somewhere along the way with age and seniority, you travel to the other side of the table and voila, the view changes.

How does this happen? It sinks in gradually. Over and above what you hear is what you see. You see the long haul AFWWA has come as an organization. Nobody points these things out to you but you notice and begin to understand the motivation behind its initiation. You participate in those regimented AFWWA songs and the painstaking spectacles mounted on the strength of contribution offered gratis and you absorb. How does this organization manage to coax voluntary effort? What fuels the almost obsessive detailing? Where in the world does a set-up endure against the odds of falling attendance and the ever present skepticism?

Let's go to the beginning. Imagine a woman in pain and in loss. She is far away from home in an acutely hierarchical environment. Her husband has his duty

and network of office buddies and the self-validation that comes from a sense of belonging. Her connection is only with this one man, take that away and she is a loose kite in the sky, without direction or home. AFWWA cultivates in her, a sense of connection to the Indian Air Force. She has here a space to call her own, a door with a sign of welcome directed at her in particular.

Picture again a society where official matters are taboo for airing at home. Traditionally, the Sangini stays out of her husband's official charter and domain. It can be isolating and lonely. The man is busy in his highly structured professional home and you have a choice between amusing yourself with the paddy fields of Adampur or the tea gardens of Chabbua! The sometimes claustrophobic stations, the limited room for movement, an environment where the overlapping professional and social areas can become somewhat restricting... where do you go? The AFWWA precinct it is, your legally sanctioned expanse to let the hair down somewhat with contemporaries.

See, there are people and there are people. While some of us are happy pottering around at home, there are those with the itch to take charge and express themselves or find a clearance in which they can share their skills and grow. In our far out bases, not much exists outside of the guard room in terms of opportunities. Given that the majority of the Sanginis are not very mobile, their self-help courtyard is but AFWWA.

And tragedies happen, unfortunately all too often. For a moment imagine being down and out, so numbed that you can't tell your left from your right. Your family

from back home is besides you but is as clueless about the administrative procedures needed to facilitate assistance to you. Which officer do you approach? What channel do you follow? With AFWWA there is already a path trodden and familiar. There is a forum, a window, a face and name to appeal at.

Yes we can be a bit maddening at times. We maintain exacting standards. We like everything oriented, matched, spruced and color coordinated. We loathe faux pas. We dread running short of food on group outings. Not much is in our direct power but we are not above putting in a word should someone appear sorely in need. We love hosting events for children and trying new ideas for our ladies. We are masters at mounting five star appearances at Sarojini Nagar prices. We enjoy connecting over Giddha and Garbha. We are bearers of the Sangini legacy that we have inherited and are obliged to pass on.

There is an ongoing and endless debate over the amount of money AFWWA has, on the wisdom of running our Thrift Shops, on the relevance of the activities we conduct and the value of benefits AFWWA offers. Well, there are no hidden secrets to the best of my knowledge. The accounts, the movement of benefits, their details are all accessible and available in our domain.

It takes a long hard time and consistent effort to build welfare organizations like AFWWA. The smart thing for a Sangini to do would be to appreciate firstly that it gives her relevance in an environment that on its own is extremely irrelevant to and exclusive of her. It is moreover to its credit that for the most part it is absorbent and sensitive enough to the changing social dynamics around.

The Armed Forces are unique in that they are built around the practice of community living as against an entirely individualistic, urban lifestyle. It would well nigh be impossible to maintain this cohesive character of our set up without the structure and support of

AFWWA. It is the Air Force equivalent of Care India or Women Unite or Ladies Learning Code.

If one were to pay heed to the words of "AFWWA ke sang paayein hum, simraddhi va swabhiman..." it would give one a catch if not a lump in the throat at the toil and strife and relentless pride that has brought this magnificent organization to where it is today. The problem today is that we lose sight of the context for our excessive focus on the content; we go blind to the intangible benefits for our desire to own the tangibles. The next time you are filling or not filling the form to claim your AFWWA card, look at it again. Instead of conscription to an authoritative society it might begin to look like your identity in your husband's world, a big share of his cosmos, a hard won stake by those we have followed.

There is sufficient evidence to suggest that modern day stress at work place and at home has come to roost. Not just in India but soldiers in Armed Forces of most developing nations report high or extreme level of stress. In some cases, the pressures may force them to leave military organizations or quit work altogether. This phenomenon carries huge costs to individuals, organization and the wider society. AFWWA contributes to promoting a friendly environment that is bound to boost the morale among the soldiers and their families.

Each one of us is an AFWWA President (Personal) in our circles of influence. AFWWA is our hard won space that deserves our unabashed advocacy. The onus is on us to pass it on to our daughters, sisters, nieces. "Vaayu Shakti Sangini Sanstha Baney Mahaan."

Mrs Neerja Singh
W/o Air Mshl S Harpal Singh
PVSM AVSM VM (Retd.)



Disclaimer: *The opinions expressed in this article are solely those of the author.*

Mission Lush Green Wellness

Let me begin with a warm hello, to my wonderful family of 10 years, my Air Force family.

An officer earns his wings after rigorous training and a huge amount of dedication. And this has to be sustained throughout his career as there can be no compromise at all. I think that a lady also goes through a similar process to make a place for herself in this mighty institution and this aspect seems to slip by, unnoticed.

About 10 months ago, we relocated to a new place and very soon I settled down in my new life. Before long, the nature lover inside me took over and I started exploring all the available possibilities to do something for the environment. Ideas started flowing thick and fast and one thing led to another. The result was that a few of us, like-minded people decided to make a difference in our own little way. This gave start



to a group called, "Lush Green Wellness, The Jorhat Chapter".

After intensive research work and a lot of initiative, we started our drive by deciding to make waste management, in and around the Station, our priority. Within a very short time, we started segregating our household waste into-





- Dry Waste
- Kitchen Waste (vegetable/fruit peels/ leftover/eggshells etc)
- Recyclable Waste

We are yet to achieve a 100% success rate, but what is most encouraging is that a Vermicomposting plant which was dormant is now active. This little initiative helped spill the worms out of the can(!), for good. With a lot of reassurance and backing from the authorities and the residents of the Air Force Station, we were able to increase our reach and boost the size of our audience. We expanded our methods to have interactive sessions which included:

- An inspirational movie (regarding the hazards of single use plastic)
- A paper-based activity (regarding waste management and littering)
- An interactive session with kids and ladies.

After collecting a great deal of information, research data and getting hold of some manpower, The Green Team got hold of the most important target audience i.e. the house helps. An interactive road show was conducted to educate them and make them aware of the importance of waste segregation. It was a win - win situation as we got their attention and they got some goodies in return. Equal participation was seen from all the residential sections of the camp.

This is just the beginning, there is more to come, much more to do and far more to learn.....

Mrs Samreen Faiz Rizvi
W/o Wg Cdr F Rizvi
49 Sqn C/o 10 Wing AF



Marching Towards A Healthy Lifestyle

“Pre-requisite for all happiness is good health.”

Living in a fast-paced world, our lives have also become super fast. We tend to be so caught up with the desire of wanting things in a hurry that we forget how to step outside our comfort zone to bring in a positive change. Be it travelling or cooking, all we want is an immediate outcome. Prima facie, it may appear progressive, as it entails lesser time spent on doing mundane things, but there is an underlying impact that it causes on the human body which, unfortunately, remains unnoticed.

We, as Sanginis, take great pride in keeping our homes clean and maintaining them. But what about our bodies, which make us what we are! The human body is, undoubtedly, precious and everyone must look after it in the best way possible. After all, a healthy mind resides in a healthy body and helps us succeed in life. This is dependent on what we consume through our mouth and our brain! Healthy diet and healthier thoughts! Beyond that an eco-friendly environment also plays an important role in ensuring a longer and healthier life.

Modernity with a Price

From leading a relatively relaxed life in the villages to high-paced life in the concrete jungles of the cities, somewhere, we have also migrated to an unhealthy lifestyle. To keep up with the changing requirements, late nights and unhealthy eating habits have become the norm! Greater demand for productivity in commercial enterprises has led to humans being subjected to greater stresses as compared to the slowpaced rural

occupations. In addition, we are exposed to the toxic air of industrial environs in urban centres as compared to the clean air of greener countryside. From healthy slow-cooked food in earthen pots on wood fire to fast food prepared in microwaves and pressure cookers, we have changed all our preferences and how! No more do we get naturally grown vegetables and fruits but have compromised to consuming vegetables and fruits laced with poisonous insecticides and other harmful chemicals. Additionally, with the proliferation of mobiles, human bodies are continuously being subjected to various radiations. A lesser obvious evil of industrialisation is the disintegration of joint families into smaller nuclear families and the consequent loss of all the benefits of community living in a joint family environment.



We, undoubtedly are all victims of our own doings. In order to keep up with the fast-paced life, we are blatantly disregarding the damage we do to our own body! The least we can do is to step out of the fast-paced world and take first baby steps towards healing ourselves. It is indeed, time for a change!

Bringing in the Change

As the "Annapoorna" of the households, we Sanginis have always carried the responsibility of maintaining the health of all our family members. To guide Sanginis about the overall well-being and happiness of our family and society, a unique "Healthy Lifestyle Corner" has been created in the Command thrift shop at Southern Air Command.

The initiative aims at encouraging everyone into embarking on the journey of recovering lost health by bringing organic foods at our doorstep. Organic Foods are in close touch with Mother Nature, gentle and natural. A wide variety of choices in organic grains, flours, rava, rice, oils and salts are offered at this corner. Different varieties of millet are also available. Cooking in vessels made of clay and copper are promoted through this corner, that have been scientifically proven to be healthier cooking mediums. As a part of this initiative, healthy recipes are also being exchanged among the Sanginis, that can easily be incorporated in our lives for better health of our families. High decibel advertisements nowadays, can coerce anyone to make unhealthy choices. However, with this initiative, an attempt has been made to change the unhealthy impact of our preferences.



Healthy lifestyle corner has been received by Sanginis with great enthusiasm and will definitely set out a wave of wellness and longevity.

Unveil the Sangini Within

Sometimes, it is important for us to disconnect from our surroundings and evaluate things around us! As Sanginis, it is our responsibility to educate our children about a healthy lifestyle and inculcate good food habits in them. A healthy body and a healthy mind goes a long way in de-stressing the spouses too, who slog in a tense and competitive working environment.

It is never too late to take a closer look at our plates and analyze what exactly we are feeding our families! Sanginis have the greatest potential to become effective and powerful agents of ushering in a positive change in the overall health and well-being of our society. The initiative to create a "Healthy Lifestyle Corner" is a small step that will definitely go a long way in improving the well-being and happiness of our Air Force family and the society at large. With rampant proliferation of lifestyle diseases, it is high time we brought in the change.

'Yehi Hai Right Choice Baby!

Mrs Samina Hilal
W/o Air Cmde HA Rather VM VSM
HQ SAC IAF



dy] vkt vkj dy

जीवन का एक अध्याय दूसरे से कितना भिन्न हो सकता है, यह कल्पना से भी परे की बात है। कल जो जीने का तरीका था आज सिर्फ एक स्मृति बन कर रह जाता है। कल ऑफिस और घर की व्यस्तता के बीच, सवेरे की चाय, हरी होती ट्रैफिक लाइट पर आगे निकलने की होड़ में भागती हुई गाड़ियों की तरह पीना पड़ता था। अब चाय की हर चुस्की हलक से नीचे गुज़रते हुए, चाय की ताज़गी के इश्तिहार में नाचते हुए दाने की तरह लगती है। हाल में कुछ हमउम्र दोस्तों के साथ बैठकर संस्कारों और पुराने दिनों की बातें हो रही थी। सफ़ेद बालों पर हाथ फेरा गया, बेकाबू होते वजन पर चर्चा चली। पुराने दिन याद करते हुए आह निकली कि हाय यह आंटी का सम्बोधन कितना तकलीफदेह होता है। कोई बीस से तीस साल के उम्र के दरमियान, दीदी से आंटी बन जाना भी जीवन का एक दुखद किन्तु अनिवार्य दस्तूर है। एक बड़ा झटका लगता है जब पहली बार कोई आंटी कहकर सम्बोधित करता है! और अब उम्र के इस मोड़ पर तो आंटी-दादी तक का सम्बोधन सुनने को मिला है।

इसी कमबख्त बढ़ती कमर ने एक और पहले की खुशनुमा स्मृति ताज़ा कर दी। वह दिन जब खाने के ऊपर कोई पाबंदी न थी। जब हर कौर के साथ कैलरी नहीं जुड़ी थी। जब छरहरी काया पर बेइख़्तियार बढ़ते वजन का मनहूस साया न था। वो समय था जब ठेले पर लगी चाट, आलू टिक्की और पानी के बताशे पर जुबान फिसल जाती थी, समोसे पर मन मचल जाता और मीठे की मक्खी बनने पर कोई रोक नहीं। अब उबली सब्ज़ियाँ और सूप, संतुलित आहार और अगर कुछ मीठा खा लिया तो उससे बनी चर्बी को कम करने के तरीके ढूँढ़ता यह परेशान मन! अब हर निवाला चर्बी का सवाल लेकर ही मुंह में जाता है।

बढ़ती उम्र में कहीं खो गया वह पहले प्यार की लाली देने वाला मीठा एहसास। जब उसका हाथ छू भर जाए के बस खयाल से ही साँसों में एक महक आ जाती, जब कोई संगीत अपने आप बजने लगता और लगता गालों पर फैलती लाली का राज कोई न जाने। जब मिल्स एंड बून के टॉल, डार्क, हैंडसम नायक को आँखें ढूँढ़तीं। अब संयमित रिश्तों, पेचीदा नातों, दफ़न हुए एहसासों, मर्यादाओं की रखवाली और हकीकत की सीमाओं से हुए मोह भंग का अंजाम है कि उस तरुणाई की अंगड़ाई की जगह ले ली एक परिपक्व प्यार ने जहां ठहराव है, जहां ज़िम्मेदारियाँ हैं पर सपनों में अनुभव की सीलन है। युवा आत्मविश्वास का दर्प, आगे बहुत सा समय होने का आभास और “प्यार सिर्फ प्यार” की सरलता पर विश्वास, यह तो अब सिर्फ आँखें मूँद कर पीछे देखने पर ही दिखता है। तब जीवन में आगे कदम रखने की अधीरता थी, अब हर आगे रखे कदम पर दस बार पीछे मुड़कर देखने की जैसे बेबस बाध्यता हो गयी है! बदलना दस्तूर है, बदलाव के साथ अभ्यस्त होना समझदारी, पर बदलते दौर पर आहें भरना एक जायज़ अधिकार!

श्रीमती पूनम तिवारी

पत्नी एयर मार्शल अमित तिवारी अ वि से मे वा मे
वायु सेना मुख्यालय वायु भवन



Exploring New Horizons

Mrs K Rajalakshmi
W/o Wg Cdr Karthikeyan
Air Force Station Thanjavur



Change is inevitable in life. We all go through lots of ups and downs and keep learning with every failure and success. Dealing with change can sometimes be uncomfortable and sometimes easy. But we all can learn that it is within our control to make the best use of whatever change life brings to us.

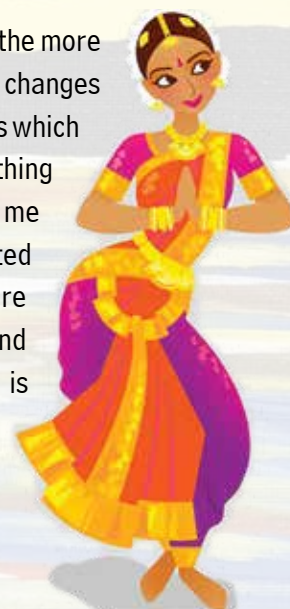
I would like to share some of my experiences on coping with change. In our life in the defence forces, we get a lot of exposure to different people and places. I initially found it very difficult to adjust to the changes with every posting. But slowly I realized that these changes also come with lots of opportunities, if you are not hesitant or scared to accept them.

When I was a young child, I had lots of interests. Bharathanatyam and painting were among my favourite interests. My father was a scientist and most of my childhood was spent in Jorhat. My exposure to follow up on my interests in a changing environment was difficult and as I grew up I started to concentrate on what I had to do rather than what I wanted to do. After completing my Post Graduation I had picked up a job and also a professional course called Chartered Accountancy (CA). It was not an easy course and I was struggling to clear it. Meanwhile, my parents found a marriage alliance and I soon got married to a defence officer. But, my interest to pursue CA was still very strong. It was at this time I found things turning even more difficult for me because now it was my turn to go through motherhood. Even when I was 9 months pregnant, I attempted my CA exams. I couldn't pass the exams, but I became a proud mother of a beautiful daughter and accepted that it was time to let go of completing CA, as being a mother was far more important to me, at that time.

During this period I picked up one of my favourite hobbies of drawing and painting and found that it was a real stress buster for me. The icing on the cake was that I could sell a few paintings. Gradually, I understood that you need to accept what life gives you and try and make the best use of it to be happy. I started to explore on developing my interests and found a lot of learning opportunities. Though I was not earning, I was getting a chance to improve upon my favourite hobby.

We got posted to Thanjavur last year. My daughter joined a Bharathanatyam class. I saw a lot of women practicing natyam in the class. It increased my curiosity but I was a little hesitant at the beginning because I was a mother of two daughters and was also doubtful whether my body and age would allow me to learn this art form. I asked the teacher if I could learn at this age. The dance teacher was very encouraging and positive which made me join the dance class. Within a few months of learning, I could give a Bharathanatyam recital at an event. Undoubtedly, I felt exhilarated!

I am able to appreciate that the more you allow yourself to accept the changes in life, you can end up doing things which you really wanted to do. Something which seemed incomplete in me seems to be getting completed today. Accepting that there are things beyond your control and choosing to be comfortable is likely to bring greater peace of mind. Change is good!



Traditional Tastes to Trendy Treats

"I keep trying to lose weight, but it keeps finding me"

We grew up in a generation that only ate traditional, regional food. Young ladies from the south did not own 'chakla-belans' and those from the North could not relate to idlis. In the late eighties, the town of Bidar had never heard of Paneer, making the devout Paneer eaters scramble to Hyderabad every other weekend to pick it from the few stores that stocked them. These days you can get a fabulous Dosa in Amritsar and chole-bhature in Coimbatore...winds of change had started blowing.

Monthly trips to a 'dhaba' for indulging in over-spicy fat soaked food was all that we could afford. Over the years, we began seeking 'better' food at local restaurants. Eating out soon began to slim our wallets, as the restaurants became fancier.

Earlier, husbands' trips to other parts of the country meant that oil tins were picked up from Jamnagar, coffee powder and coconuts from anywhere south, rice from Bareilly/Jammu and noodles from Kalaikunda. I even remember stories of Navy ship's canteens being emptied out by visiting Airforce officers who picked every available jar of mayonnaise from there! With the economy growing, changes were visible in what came to our plates.

Earlier, parties in the messes meant spicier than average food and only one dessert. Indian menus were sometimes replaced by Continental or Chinese. With globalisation and liberalisation of the economy, food items became readily available across the country. We moved from 'Rasna' in children's parties and picnics to Coke and Pepsi as they appeared in huge bottles on the shelves of the CSD. Then came the fruit juices, expensive at first but mandatory at a 'good party'! No

one bothered about reading the labels for the sugar content, variety was the key ingredient... winds of change started blowing and they also changed our waistlines.

In the eighties, fast food like Pizzas and burgers were only 'seen' on TV or read about in books, but had not yet found their way into our lives. Then suddenly the towns and cities were flooded with McD's, KFCs and what-have-you... I remember days when the degree of 'modernity' of any town was judged by the availability of American fast-food outlets. "Allahabad is really improving, it even has a McDonalds", or "nearest pizza joint from Naliya is 95 Kms" were the parameters that decided if a posting was good or bad. whirlwinds of change started affecting our health.

Departmental stores started mushrooming across all parts of the country and party menus began growing too. Thai, Lebanese, Mexican and Burmese food began finding their way on our tables and our lives. Three desserts became the norm. In the last decade or so, going out for a gourmet meal has become the fad... winds of change, also changed our taste buds.

When the monthly food bill began to be surpassed by bills for new wardrobes, the awakening came. Time had come to shed the kilos that were added. Dieting became the mantra.

Demonising of food caught on like a wild fire. "You are eating butter with your toast"? Someone asked had me incredulously many years ago. Now she tells me, "you know, butter is very good for your health because the body needs fats to process the vitamins. You should not be eating toast. White bread is baaad for your

health!" Ghee was the villain responsible for the love handles and tightening of clothes. In the last few years, Ghee has now been proven to be a 'wonder food' that nourishes your joints, drives out bad cholesterol and of course makes our food taste great! ...winds of change began to confuse our minds.

'Wonder foods' or 'Super foods' brings me to exotic items now easily available in the stores. Quinoa has begun replacing good old suji for making upma. Brown rice, multigrain bread, oats biscuits, flax seeds and olive oil are now common in our pantries. You order 'normal chai' and see the looks you get in the days when green and now white tea is the preferred option of the weight watchers groups.

The winds of change also swept in numerous fad diets. GM diet probably was the first to enter our vocabulary and our lives. If you weren't following the GM program, you were considered careless about your health. So cabbage soup, cucumbers and steamed vegetables found their way into our kitchens and even party tables.

After the GM came the Atkin's, Dash, Ornish, Paleo, Alkaline and intermittent fasting diets. Keto did wonders for a few people who began swearing by a breakfast consisting of chicken fried in pure ghee. Butter chicken with loads of butter was the new key to losing weight. Celebrities endorsed this diet and it became a rage. Some other diet required you to eat small meals every two hours while another wanted you to starve for 10-12 hours at a time. Unfortunately, many of these diets involved eliminating food groups that were essential to the body.

Having people, who followed these diet plans, over for dinner has become a nightmare. Guests have to be chosen based, not on like-mindedness, but on similar dietary habits. Those good old days of just counting the vegetarians/non-vegetarians have gone. Now one has to mind those who don't eat carbs after 7 PM, those who don't eat anything fried and those who eat only fried food. One has to cater to those on Gluten-free, lactose free or vegan diets.....winds of change have brought in healthier options.

Alternative foods have begun finding a place in our lifestyles. Good old milk has been replaced by soya milk and almond milk. Sugar is the new-age poison and has given way to substitutes like stevia. I hope they don't come up with substitutes for 'daal-chawal' in the future!

Winds of change have affected fashion, environment, economy and everything you can think of, but the lifestyle changes have gone around in a full circle and we are headed back to ancient beliefs about healthy living.

Finally, with due apologies to Bob Dylan:

How many diets must a man follow

Before he is called healthy?

How many seas must a girl sail

Before she finds her perfect food?

How many more fad diets will we see,

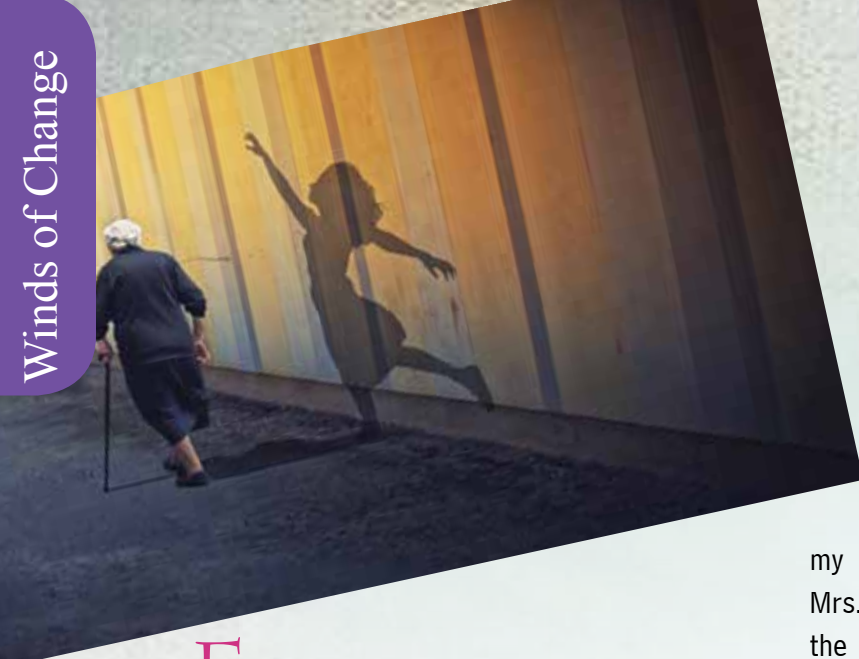
Before they are all banned?

The answer, my friend, is blowin' in the wind

The answer, is blowin' in the wind.

Mrs Neeta Chaudhari
W/o Air Mshl VR Chaudhari AVSM VM
Air HQ Vayu Bhawan





FOREVER 21!

For most of us in our 40s and 50s the realization of our actual physical age comes as a rude jolt on a seemingly mundane day when we least expect it. Routinely, you set out to do the things you've always done and your body decides you need a gentle reminder about your actual age! To me, this subtle-as-a-sledgehammer reminder came when I tried lifting one of the ubiquitous black boxes as I packed for the umpteenth time. My back initially groaned, creaked and like a rebellious dog on a leash just jerked and went stubbornly still and refused to budge! My spirit however wouldn't succumb to such antics and I shrugged it off painfully, as a slight misadventure!

All the gentle reminders about my age and how I must no longer attempt the things I once did when I was younger continued to fall on deaf ears. Who cares?! In my mind and spirit I hadn't aged. While I was still stuck in the mental age of 20 and 30 somethings, my body was surely and steadily gaining momentum and rushing towards the 50s. The dichotomy of it all, "Hey, I am a "20 something" being dragged by a "nudging 50 body" didn't seem right at all!

While I remained oblivious to my age, everything around me was changing...and changing so subtly that I had never ever realized it. I can recollect a few subtle 'milestones' that were gentle reminders about my age! Ah, the pain of those reminders!

Like, the time, we moved places and I realized my name had changed overnight as it were, to Mrs. M..... I was shocked at first of course, but the spouse assured me, that others will get more comfortable with the first-name issue with time. So, I took it in my stride and walked jauntily into the next party and went about re-introducing myself by my first name. The young ladies meanwhile continued to overlook it in a polite and embarrassed manner. But within a few days, it dawned on me that while I was looking for a one-on-one connection with them, they were looking at me as a mother-figure. It was flattering of course, that they would put me in their mothers'-zone, but the age-issue did raise its dubious head! Of course, I shrugged off the discomfiture and moved on!

The revelation dawned on me yet again, when a friend and I met at a café recently to catch up. A bunch of young millennials took over the next table and we couldn't help but overhear their loud conversation. "The party was so lit man. You missed it! Reena was looking savage in that dress." Another voice joined in, " She totally killed it ya. Could legit see the envy in P's looks" My friend and I exchanged uncomfortable smiles. The words of course all sounded familiar, but we could only infer the meaning from the context. Had no idea when the words we grew up with came to mean something totally new. What am I missing here? Like, the other day I came across the word 'bae' and was racking my brains to understand its meaning when my daughter told me that in fact, it was an abbreviation for the phrase, 'before anyone else'. Really?! What ?! I thought I was quite updated and knew all the

right words and lingua of the day, but every day, the youngsters are coming up with words and phrases and stuff that seems impossible for people my age to keep up. That feeling of becoming old gnaws again!

These subtle signs of becoming 'middle aged' come to me at random places. Like the time, I was browsing through the clothes in one of the glitzy Malls, the sales girls gently nudged me to try what appeared to be styles and sizes for middle aged women. Why would they do that to me, I thought, while looking at my reflection. Accepted, I don't have the 20/20 eyesight, but surely I'm not a middle aged 'aunty'.

When I turned to my old friends (Ouch! Pun un-intended!) for comfort, they agreed with me. None of us felt older than we did in our 20s or 30s and we

definitely did not feel middle aged! Isn't flaunting your white hair in vogue now, and aren't the wrinkles just laugh lines that are an assertion of a life well lived?! While all around me there were subtle and not so subtle hints about my age, I didn't take them on board! I want to scream "Hey, I'm the same, I'm not old!" But something holds me back...maybe my new found wisdom! I shrug off all doubts and tell myself, "Chill ya, it's all cool ...I will be Forever 21!"



Mrs Smita Maheshwar
W/o Air Cmde P Maheshwar VM
Air HQ Vayu Bhawan



जीवन और प्रकृति के दो नियम हैं। उनकी निरंतरता और बदलाव। निरंतर चलना और बदलना यही शाश्वत सत्य है। जो आज बच्चा है कल बूढ़ा हो जायेगा, जो आज कली है कल फूल बनेगी, शाखों से पत्ते गिरेंगे, नए पल्लव आएंगे। नदियाँ जीवन दायिनी है क्योंकि वह बहती रहती हैं। उनकी अस्थिरता में स्थिरता है। सूरज रहता हमेशा है पर उदय होकर अस्त भी होता है ताकि दोबारा उदय हो सके। होकर भी न होना, रहकर भी न रहना, बदलते हुए भी न बदलना यही सच है जीवन का और प्रकृति का।



The Indian Kitchen Makeover



Those were the days of smoke filled big kitchens, with soot lined walls, reverberating with the sounds of bartans and ladies chatter. One, sitting on the floor & chopping vegetables, another grinding chutney or masalas on the grinding stone, and yet another using the mortar and pestle to powder dry spices. An outhouse or work area with a separate chulha and utensils to cook non veg dishes. And last but not the least, was the matriarch of the house supervising the entire operation and keeping a strict eye on all the goings on!!

That was how a typical Indian rasoi looked like a few years ago. With big aluminium pateelas and containers, steel or copper plates and katoris, glassware bharanis, cast iron tawas, kadhaais, etc.

Well, the "winds of change" have swept through our lives & have brought about innumerable changes. So, could the kitchen, the heart of a household, be left untouched???

Cut to the present day modern, modular kitchens. They make a pretty picture with gleaming 3 or 4 knob gas stoves, sparkling clean walls lined with designer tiles, a wide range of electrical appliances like the mixer grinder, refrigerator, microwave, blender...the list is long. Lined with shelves filled with Tupperware or plastic jars, Melamine or Bone China crockery and fancy cutlery, and not to mention, big fat recipe books. The lady of the house being the sole occupant of the kitchen now.

The increasing use of technologically advanced appliances in our kitchens has transformed our eating habits, food processing and storage. Before the

advent of the fridge, at the end of the day all cooked food had to be either eaten, given away or thrown. But nowadays, one can take the leftovers out of the fridge even after two days, heat them in the microwave and eat! It certainly is convenient, but is it healthy?

The urban Indian today is well versed with all the different cuisines of the world. Gone are the days of the staple dal chawal, roti sabzi. The modern Indian woman can cook Italian, Chinese, Thai or Mexican dishes in a jiffy! The new staples are pizza, pasta, noodles, nachos, burgers...

Young newlywed girls no longer depend on their mother's tried and tested recipes. They can find any recipe with the swipe of a finger thanks to YouTube and Google.

All these changes have certainly freed women from the morning to bedtime slogging in the kitchen and have given them the much needed time to pursue a career or interest outside the "chaar diwaari" of their homes. In fact these advancements are a major reason for women being able to manage full-fledged 9 to 5 jobs along with their household responsibilities.

It has also made them seek physical fitness in gyms, yoga, walks, etc. because they no longer burn calories while cooking or cleaning the house as everything is just a press of a button away. In the years to come, with the advent of Artificial Intelligence, maybe just a voice command away!!!

Mrs Indu Ramakrishnan
W/o AVM S Ramakrishnan VSM
Air HQ RK Puram



नया दौर

सुदंरता हर उम्र की

परिवर्तन के दौर में,
आगे निकलने की होड़ में,
हम भूल रहे हैं रिश्ते,
स्मार्टफोन के युग में ।
बैठ के गप्पे लड़ाने के मजे,
वो बात कहां वॉट्सऐप चैट में ।

फ्रेंड लिस्ट तो बढ़ रही है,
मित्र नहीं कोई पास में ।
बदल गई मित्रता की परिभाषा,
फेसबुक के युग में ।
दोस्तों के पास रहने का जो मजा,
वो बात कहां फेसबुक में ।

“चिट्ठी आई है...” अब गाना ही रह गया,
चिट्ठी तो अब इतिहास बन गयी ।
हालचाल पूछते हैं अब मोबाइल में,
वॉट्सऐप के युग में ।
चिट्ठी पढ़ने का जो मजा,
वो बात कहां मैसेज में ।

परिवर्तन के दौर में,
हुआ कायापलट टी.वी का
बड़े डब्बे से एल.ई.डी में ।
कहीं खो गया चित्रहार टी.आर.पी. की होड़ में ।
हमलोग और बुनियाद भूल गए
सास-बहु सीरियल की किच किच में ।

“कोई लौटा दे मुझे बीते हुए दिन” !

बहुत ही खूबसूरत है, उम्र का यह पड़ाव,
जो यूँ ही **Mid Life Crisis** नाम से बदनाम है

ज़रा गौर तो फरमाइए,
जो मेहनत मशक्कत में उम्र गिनना भूल गए,
देखा आपने ।
अनजाने में,

कितने ही ख्वाब पूरे कर लिए!
हाँ, ज़िन्दगी चलने तथा सीखने का नाम है,
तजुर्बों का बखूबी आपका साथ
निभाता चला है...

न किसी को साबित करने की ज़रूरत
न किसी की हौसला अफजाई की ज़रूरत,
कोई आपको समझ ले

न इसकी कोई ज़रूरत
हर पल को बखूबी जीते,
अजी आप अपने ही **best buddy**,
आपसे बेहतर भला कौन....

बस फिर क्या, निकल पड़िए,
और बनाइए अपने हमउम्रों की टोली...
कुछ उनकी सुनिए, कुछ अपनी सुनाइए,
होगी सीखने सिखाने की ज़िंदादिली.....
बहुत हैं, जिन्हें है आपकी ज़रूरत....

ज़रा गौर तो फरमाइए,
कहीं हौसला अफ़जाई, कहीं रहनुमाई
मिल कर खुशियाँ फैलाइए....
काहे की **mid life crisis** जनाब,
ज़िन्दगी खुद बन कर जीने का
तो ये है एक खूबसूरत अंदाज़ !

श्रीमती सुचेता मुखोपाध्याय
पत्नी सार्जेंट एस मुखोपाध्याय
44 विंग वा से



श्रीमति स्वाति फाटक
पत्नी ग्रुप कैप्टन वी ए फाटक
28 ई. डी. वा से



SMQ NUMBER

Change is an inevitable aspect of our lives. When we generally talk about a woman, then a very important change occurs when she leaves her parents and college life behind and enters married life. During that phase, her eyes are filled with dreams, but there's also an uncertainty about the future and definitely some nervousness.

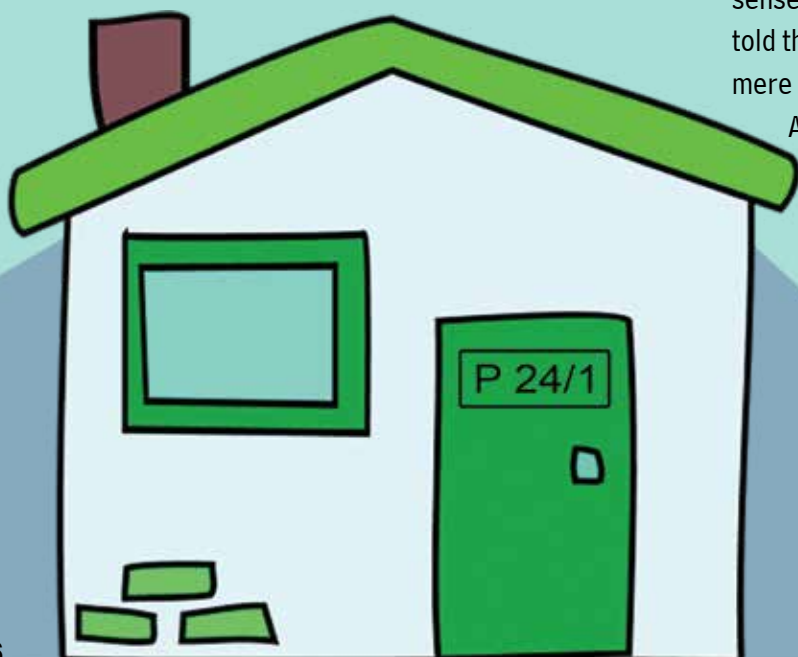
When I got married I was also in the same mental state. And this change was more significant for me because I was getting married to an air force personnel. Indian Air Force is considered as a premier force among all forces. There was a mounting doubt in me about how I would adjust to this new way of life and the standards that would be expected of me. After our marriage in 2007, my husband could not come to take me along with him due to service commitments. So it was planned that I would travel alone to his place of posting. My husband booked an air ticket for me from Delhi to Bagdogra. It was the first time in my life that I was travelling by air. It put an additional pressure on me along with the existing desire to match with the Air Force standards and all my intelligence and higher

academics were left far behind. The only thing that I was carrying was nervousness!

After joining him, my world was confined to the two of us. After a few days my husband invited some of his friends over to our home for lunch. The day they were to join us, I was making preparations for lunch with rock bottom confidence levels. I was cursing myself as to why I had not learnt some good dishes before marriage. Suddenly I remembered that I did not have all the items for making a Salad. I requested my husband to go quickly and bring some vegetables for the salad from the market. Though he left for the market, I could see that he was annoyed with me.

Soon after he left, his friends called on the cell phone "Ma'am hum aapke area mein pahunch gaye hain, aapka SMQ number kya hai." Those days there was only one phone per family and BSNL was the only service provider. I became very nervous as firstly, the lunch was not ready and secondly, I was very nervous to speak to his friends. My mind stopped working and I went blank. I forgot our SMQ number! At that moment I was so dazed that I did not even have the common sense to step outside and check our SMQ number! I told them "Bhaisaab mujhe quarter number nahin pata, mere husband aayenge to woh aapse baat kar lenge."

And I disconnected the call. When my husband returned I told him the whole incident. He said in anger that "tumhari naadani ki wajah se mere dost itni der se dhoop me khade hain". After that he called them and finally they arrived at our place. Then my



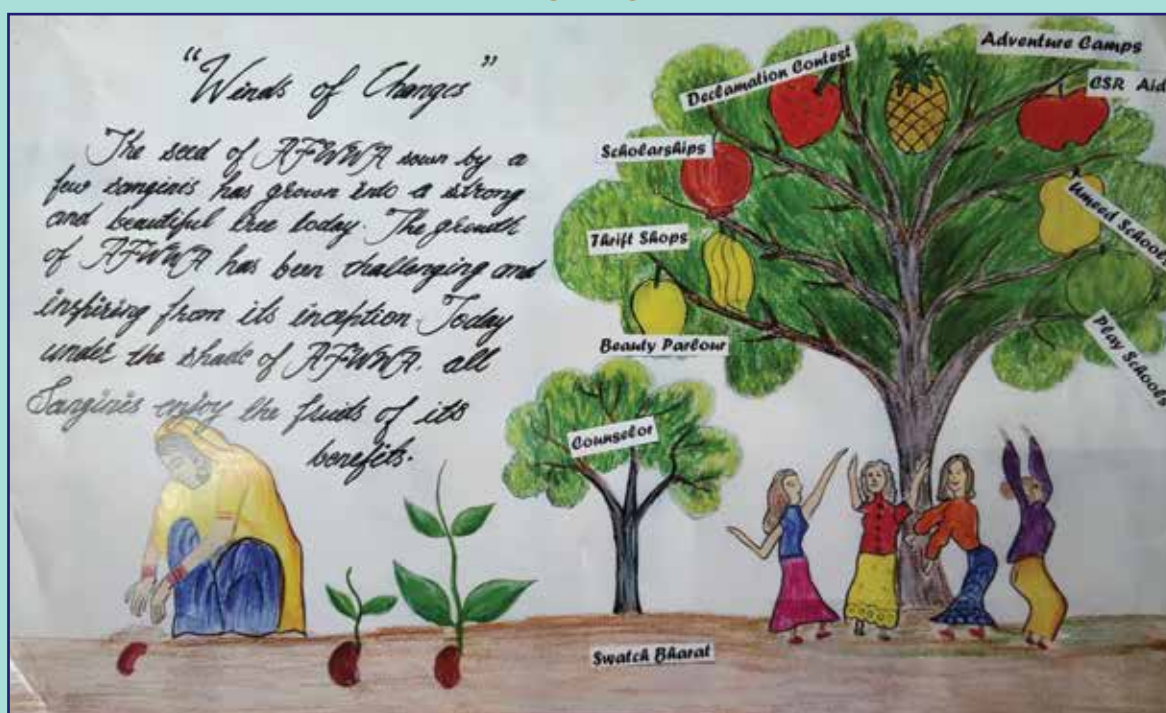
husband shared the story with them adding spice to it! They all were laughing and I felt very embarrassed.

Though this was a funny incident, different theories of this social change from a civil life to air force life were spinning in my head. Then I realized that people, their spirit and emotions are all the same in every society. That it was only me who was carrying a heap of superfluous doubts in my mind. This realization sparked my confidence and suddenly I was a totally different person. Now, the time has changed. I have become very social. We meet people at parties and gatherings. Inviting friends and visiting them is now a common practice. We have built lifelong associations with many people we met during the last eleven years. We still chuckle while recalling that "SMQ number" incident!

Moreover, every change in our life whether it is good or bad carries its own worth. Either it brings us joy

or teaches us something new. Furthermore, we should always keep in mind that no change is everlasting. This state will change again. We should derive pleasure from each and every moment of our lives and fly freely with "The Winds of Change".

Mrs Mamta Yogi
W/o Sgt AK Yogi
Air Force Station Thanjavur



Mrs Akeshwari Maurya
W/o Sgt SK Maurya
3BRD AF



सफरनामा



आजकल हवाई जहाज़ से सफर करना आम बात हो गयी है, पर ट्रेन से लम्बी यात्रा के अपने ही मज़े थे। गर्मी की छुट्टियां, मतलब ट्रेन का सफर! गर्मी की छुट्टियों का एक अलग ही एक्साइटमेंट हुआ करता था। सफर हमेशा स्लीपर क्लास में ही हुआ करता था, खिड़की के पास वाली सीट, मैं हमेशा अपने लिए मांगती थी। ट्रेन टाइम टेबल की एक प्रति हमेशा हमारे साथ होती, फिर जैसे-जैसे स्टेशन आते मैं उस प्रति से चेक करती कि ट्रेन कितनी देर यहां रुकेगी और आने वाला स्टेशन कौन-सा है। यदि कोई बड़ा स्टेशन आने वाला होता तो मैं भी स्टेशन पर उतरने की तैयारी में रहती।

ट्रेन टाइम टेबल के साथ चाचा चौधरी, पिकी, बिल्लू, फैंटम, डोगा, नंदन, चंपक और रीडर्स डाइजेस्ट (लास्ट ऑप्शन) की ढेर सारी कॉमिक्स साथ होती। ट्रेन में लगता कि पढ़ने की स्पीड पता नहीं कितनी फास्ट हो गई है। एक और काम में बहुत मन लगता, वह खिड़की के बाहर के नजारे देखने में, कैसे हर कुछ घंटों में मकानों की बनावट, लोगों की वेशभूषा, पेड़-पौधे अलग-अलग तरह की फसलें बदलने लगती। हर जगह का एक अलग ही नजारा, आज भी मुझे उतना ही लुभाता है जितना की बचपन में। हर जगह पर उतर कर मैं वहां रहना चाहती थी। वहां के लोगों से बात करना चाहती थी।

ट्रेन के सफर के लिए भी घर में अलग ही तैयारियां होती थी, नमकीन, बेसन के लड्डू, रवा के लड्डू, नमक पारे, शक्कर पारे रास्ते में खाने के लिए बनाए जाते थे। पानी पीने के लिए छगल या छोटा कैंपर लेकर जाया जाता और ट्रेन में खाया जाने वाला एक दिन का खाना! सूखे आलू, पूड़ी और अचार। साथ में स्टील की छोटी प्लेटें

और गिलास। ट्रेन चलने के साथ ही खाने का डब्बा खुल जाता। चलती ट्रेन में आलू पूड़ी खाने में एक अलग ही स्वाद आता था। फिर शुरू होते थे ट्रेन के खेल लूडो और सीढ़ी, से ऊपर की बर्थ पर चढ़ना उतरना और मम्मी की डांट खा कर चुपचाप बैठ जाना फिर से नजारे देखने के लिए।

मैं हमेशा लाल जंजीर खींचकर देखना चाहती थी कि ट्रेन कितनी देर में रुकती है। मम्मी मेरे इस इरादे को अच्छी तरह समझ गई थी। फिर उन्होंने समझाया कि इस तरह शैतानी में चेन खींचने से कितने लोगों को मुसीबत हो सकती है और हमें भी जुर्माना देना पड़ेगा। ट्रेन से एक अलग सा रिश्ता महसूस होता है। ट्रेन का सफ़र हर उम्र में किया और कर रही हूँ। हर बार अलग अहसास दिए मेरे सफ़र ने। कॉलेज की बास्केट बॉल टीम के साथ जब वेल्लोर गए तब पहले ही मैच में बाहर होने के कारण कोच ने बिना रिजर्व कंपार्टमेंट में बिठा दिया। पर उसका भी अलग आनंद था। एक ही जगह पर बैठे-बैठे अपने आपको और सामान को समेटे हुए। सब लड़कियां खूब गुस्सा थी। पर फिर जैसे-जैसे स्टेशन आता यात्री बदल जाते और हम सब भी एक दूसरे के पास आकर बैठ जाते। ये भी मजेदार अनुभव था। 10 – 12 घंटे बाद मैंने एक न्यूजपेपर खरीदा उसे बर्थ के बीच बिछाया, सामान सिर के नीचे रखा और सो गई। उस दिन कबीर का दोहा— नींद ना देखे टूटी खाट भी समझ आ गया!

ट्रेन की एक बोगी में कितने भिन्न-भिन्न तरह के लोग, अलग अलग तरह के कामों के लिए विभिन्न भावों से यात्रा कर रहे होते हैं। आज भी ट्रेन में सफ़र करना मुझे बेहद पसंद है, मुझे पता है ट्रेन जब वाइल्ड लाइफ सैंक्चुअरी, रिजर्व फॉरेस्ट, चाय बागान, सॉल्ट लेक रेगिस्तान, चंबल के बीहड़, पहाड़ों नदियों, खेतों के बीच से गुजरती है तो कैसा महसूस होता है। दार्जिलिंग की टॉय ट्रेन में सफ़र का अनुभव बहुत ही विशेष है! इंडियन रेलवे ने भी पिछले कुछ वर्षों में बहुत इंप्रूवमेंट किया है, खानपान, सुरक्षा, साफ टॉयलेट, साफ सफाई, हर क्षेत्र में। मेरी सभी रेल यात्राओं के अनुभव मेरे जीवन में बहुत ही अलग अनुभव लाए। मैं जम्मू और बारामुला के ट्रेन रूट के चालू होने का इंतजार कर रही हूँ कश्मीर की वादियों में पुलों और सुरंगों के बीच के रोमांचक सफ़र के लिए। आपकी यात्रा मंगलमय हो!



श्रीमती रितु साकेत वर्मा
पत्नी विंग कमाण्डर साकेत वर्मा
38 विंग वा से



नया युग नई संगिनियाँ- हँसी की फुहार



आज कल की संगिनियाँ गज़ब ढा रही हैं
आज कल की संगिनियाँ गज़ब ढा रही हैं

हसबैंड जाएं अर्ली में और खुद खर्राटे लगा रही हैं।
FOR से लौटे हसबैंड तो उनसे चाय बनवा रही हैं,
आज कल की संगिनियाँ भी गज़ब ढा रही हैं।

हसबैंड ब्रेकफास्ट करें सप्पर बार में
और खुद सहेलियों के संग किट्टी पार्टी उड़ा रही हैं।
आज कल की संगिनियाँ भी गज़ब ढा रही हैं।

आजकल नई-नई ड्रेस पहनकर घूमने जा रही हैं,
और SRO से पहले BRO (बहनजी रूटीन ऑर्डर) छपवा रही हैं।
आज कल की संगिनियाँ भी गज़ब ढा रही हैं।

हसबैंड के पास बेसिक मोबाइल
और खुद एप्पल जैसे हाई एण्ड मोबाइल चला रही हैं।
आज कल की संगिनियाँ भी गज़ब ढा रही हैं।

लंच के वक्त तो सिर दर्द का बहाना बना रही हैं,
भूख लगे तो मेस से खाना मंगवा रही हैं।
आज कल की संगिनियाँ भी गज़ब ढा रही हैं।

हसबैंड का वजन बढ़ जाए तो साइकिल से ऑफिस भिजवा रही हैं,
और खुद स्कूटी लेकर कैप में धूम मचा रही हैं।
आज कल की संगिनियाँ भी गज़ब ढा रही हैं।

छोटी-छोटी बचत करके हसबैंड का बैंक बैलेंस बढ़ा रही हैं।
बड़ी-बड़ी मुश्किलों से मुस्करा के टकरा रही हैं।
आज कल की संगिनियाँ भी गज़ब ढा रही हैं।

हसबैंड के कदम से कदम मिलाकर,
बच्चों को डॉक्टर और इन्जीनियर बना रही हैं।
आज कल की संगिनियाँ भी गज़ब ढा रही हैं।

मेरी इस कविता को पढ़कर, हँसे या रोएं, समझ नहीं पा रही हैं।
इसी दुविधा में फँसकर मन ही मन मुस्करा रही हैं।
आज कल की संगिनियाँ भी गज़ब ढा रही हैं।

श्रीमती भानुप्रिया तिवारी
पत्नी सार्जेंट पी के तिवारी
२४ पी एस यूनिट



Cycle of Life

A little girl I was, with an innocent child's heart
 Safe in my mother's embrace
 Cocooned in the world my parents had built for me.
 I laughed and played, unaware of what lay ahead
 Love and kindness were all that I knew
 Everything seemed beautiful, shiny and new.
 Then I entered teenage, a confusing phase
 Lost the pretty innocence of my childhood stage
 The young girl turned slowly into a young lady
 With dreams of her future bright and steady
 Before I knew I was standing at the crossroads
 My journey became entwined with another's journey
 The winds of change this time blew me far far away into married life
 In fifteen days my world turned around completely
 A new place with new people and a new life
 Trying to essay the role of a daughter-in-law and a wife
 And then the first feelings of motherhood
 Suddenly I was the creator of two tiny lives
 Everything spinned and time stopped and yet it felt good
 Around my kids my days started blurring into nights
 I was thrown into a recap of my own childhood
 Started seeing my forgotten dreams through their eyes
 I grew with them, learnt and changed with them
 And with time, months and years and decades passed by...
 And today the cycle of life has brought me back to my parents
 To give them back the care and love that I recieved years ago
 I stumbled, I rose and I grew
 Became the confident and wise person I am today
 And yet I know my life will keep bringing changes few
 Frustration and dissatisfaction is a universal truth
 Life will always throw situations to put you through test
 Through hundreds of bittersweet experiences
 I learnt that acceptance of change is the best
 When the winds of change blow
 Accept and adapt, for this is the only way in life to grow...



Mrs Kalpana Das
 W/o MWO J Das
 9 BRD AF



Accepting the Changes

This world is constantly changing. Everything around us is a constant state of flux and we ourselves are also constantly changing. Indian scriptures aptly summarize this - परिवर्तनमेव स्थिरमस्ति meaning "the only constant is change". Life is the summation of a series of changes, be it physical, emotional, or in a career or in relationships. Life is like a river constantly flowing and changing its course over time. Change is synonymous with life and growth. And if change is inevitable, why are we talking about it? We will all agree that changes affect all of us.

In life, we go through good times, bad times and rough times. When we are doing great in our life, we wish that it remains this way forever but we need to remember that good times will not continue till eternity. All of us have gone through difficult times in life and most of us get out of that low phase soon. And those who are not able to get out of it suffer greatly and feel as if nothing can change or will change for them and they lose hope. We need to remember that nothing remains the same. Accepting this simple fact of nature, that "This too shall pass" will help us get over the worst phases in our life. Situations might get better or worse, but they will change for sure. And it is for us to accept this gospel truth and pro-actively change the situation to our advantage.

When change is unwelcome, it's crucial to grieve the loss, then accept it and move on. Change is so hard

at that time, but it is necessary to lead us to a better, more positive position in future. One thing in life is certain, that it has both its ups and downs. We measure happiness based on the quantity of these ups and downs. Most believe that the more good moments they have as compared to bad moments, then the happier they will be overall. But this isn't necessarily so. Life isn't about the exact quantity of ups and downs, but rather how smoothly we ride between these inevitable ups and downs. Good things and bad things happen to everyone, but the individuals who are most happy are the ones who manage both with ease and poise. Enjoy it for the moment, but don't go chasing after it when it's gone, because you know it'll eventually change – just like everything else.

There comes a point in life when we all think - Why must everything change? Why can't everything stay the same? And if change is inevitable, how do we face it? Do we ignore it, prepare for it, or accept it as it comes, or avoid it as much as possible?

A healthy attitude towards the changes that affect us is important, if we want to live our lives to the fullest. We need to follow our heart and live our lives the way we want. We need to really work hard to change our way of thinking. One of the ways to overcome the fear of change is to live in the present and enjoy every moment in the present. Life is all about choices. If one finds difficulty in accepting changes due to the fear of uncertainty and unknown, we should use mindfulness

to cope with challenges in one's environment. The body adapts to any changes, it is for the mind to come to terms with change. If we find that we are unable to cope with the change, we need to consider medical help.

We need to accept the fact the change is inescapable. It is for us to adapt to the new circumstances willingly and make necessary adjustments in life and work towards our goals. After all it is one life that we all

have, so live it to the fullest. The mantra to cope with change is to adapt, cope, remain flexible and foster a positive attitude amidst life's ups and downs...

Mrs Beena Rajesh
W/o Gp Capt R Rajesh
HQ TC IAF



आज की नारी

आज की नारी है सब पर भारी
रॉयल इनफील्ड पर करती है सवारी
नहीं रही वो कायर वही तो है निडर
फाइटर प्लेन उड़ाने का उसमें है जिगर
नई राह चुनने लगी है, अपनी मंजिल खुद ही बनाने चली है
किसी के नीचे होकर कार्यरत रहती है
तो वही सी.ई.ओ. बनकर कामयाबी की बुलंदियाँ छूती है
कभी आईने में देख खुद को सजती – संवारती है
वही नारी हीरोइन बनकर पूरी दुनिया पर छा जाती है
कितना कुछ लिखूं आज की नारी के बारे में
एक चंचल – सी तितली हो तुम इन सभी बहारों में।

श्रीमती गीता त्रिपाठी
पत्नी सार्जेंट जी एन त्रिपाठी
32 विंग वा से



एक फौजी की पत्नी

एक फौजी की पत्नी होना अपने आप में ही एक गर्व की बात है और उसके साथ आपकी जिंदगी में क्या बदलाव आता है वो आज मैं आपके साथ साँझा करना चाहती हूँ।

मेरा नाम याशना है। मैं सब लड़कियों जैसी आम सी लड़की थी। जैसे सब लड़कियाँ सोचती हैं क्या करना है, क्या नहीं, कैसा जीवन साथी चाहिए? मैं भी वैसा ही सोचती थी। लेकिन तभी मेरी जिंदगी में एक ऐसा इंसान आता है जो एक अच्छा व्यक्ति होने के साथ-साथ एक फौजी भी है जिसके लिए देश की सेवा करना जरूरी है।

जब तक मैं उनसे नहीं मिली तब तक ये नहीं सोचा था कि एक फौजी से शादी करना और साथ रहना कैसा रहेगा? बस साथ रहने का फैसला कर लिया। फिर क्या था वो एक आम सी लड़की एक फौजी की पत्नी बन गई। इतना बड़ा बदलाव आने से मानो पूरी जिंदगी बदल गई हो। जिंदगी जैसे अनुशासन में आ गई थी। सुबह जल्दी उठना, नाश्ता बनाना, लंच बनाना, बाकी सभी काम करना, यूनिफॉर्म तैयार रखना कि कभी भी किसी भी यूनिफॉर्म की जरूरत पड़ जाए। बस यही रोज़ करना। शुरुआत में तो कुछ समझ ही नहीं आया कि ये सब क्या हो रहा है मेरे साथ। परिवार से इतनी दूर रहना और एक फौजी की जिम्मेदारी उठाना, वो सब मेरे लिए नया था। लेकिन मैं इस सब के लिए तैयार थी। जब समझ में आया कि एक फौजी की पत्नी होना क्या होता है, तब खुद पर गर्व होने लगा कि ये मौका हर किसी लड़की को नहीं मिलता है “एक फौजी की पत्नी कहलाना।” क्योंकि भगवान कुछ मजबूत औरतों को ही मौका देता है खुद को साबित करने का। अब मेरी जिंदगी एक नए रास्ते पर बढ़ चुकी है। जहाँ नयी पोस्टिंग, नयी जगह, नए लोगों से मिलना शुरू हो चुका था। कोई पोस्टिंग अच्छी, तो कोई नापसन्द लेकिन फिर भी लोगों के साथ खुश रहना, मिल-जुल कर हर हालत में साथ रहना सीख लिया। जहाँ भी जाते वहाँ खुद की छोटी सी फैमिली बना लेते, चाहे वो ३ या ४ साल तक की ही क्यों न हो। ये जिंदगी खुद में ही एक रोमांच है (नई-नई जगह जाना, नए-नए लोगों से मिलना, खुश रहना, अपना बनाना)

पोस्टिंग और ड्यूटी के कारण महीनों, दिनों तक अकेले रहना पड़ता। उस अकेले समय में अच्छे और बुरे ख्याल आते। लेकिन बुरे ख्याल कभी भी अपने ऊपर हावी नहीं होने दिए क्योंकि मेरे ऊपर बहुत सी जिम्मेदारियाँ थीं। मैं कमजोर कैसे हो सकती थी। अगर मैं कमजोर रही तो वो अपने देश के लिए कैसे खड़े रहेंगे, “मजबूत” दिखना ही नहीं बनना भी था।” हर परिस्थिति में खुद को तैयार और शांत रखना जिससे उस परिस्थिति को अच्छे से संभाल सके और दूसरों की मदद के लिए तैयार रह सके।

बार-बार पोस्टिंग होने के कारण खुद का कैरियर, शौक पीछे छूट गए, इस सच को अपना लिया कि एक फौजी की पत्नी होना भी खुद में एक जॉब है। जितनी इज्जत आपको फौजी की पत्नी बनने से मिलती है, इतनी शायद कहीं और मिल पाए...

मैं खुश हूँ एक फौजी की पत्नी के शीर्षक से, जो मुझे खुद में बहुत खास बनाता है।

“लोग हमेशा मुझसे पूछते हैं कि मैं कैसे अपने आप को मजबूत रखती हूँ जब वो दूर होते हैं मेरा जवाब हमेशा एक ही होता है:-

मुझे सिर्फ मजबूत दिखना नहीं बल्कि बनना है
उनके लिए
हमारे लिए
और सबसे ज्यादा मेरे लिए ।

श्रीमती याशना
पत्नी कॉर्पोरल रुपेश कुमार
एल पी टी ए स्क्वाड्रन,
5 विंग, वा से





Reminiscences and Ruminations

I follow the Moskva down to Gorky Park, listening to the Wind of Change....."Oh boy! This 1990s absolutely hit chart-buster of the Scorpions....I sit on a bench in the park humming and ruminate... No, not the Gorky park, but the one behind the Wing House. My thoughts trail off...to 'memories'. Off late, the 'memory' region seems to have taken over other areas of the brain - a phenomenon which often happens when one is in the middle-age phase, when you have more yesterdays than tomorrows as my husband likes to remind me.

One of the changes that has happened is the advent of technology in the field of communication. The art of letter writing is lost and I resent this. The winds of change have blown away the pages of letters and ushered in strange forms of communication - web, apps etc. For most of us letter writing began, when as children we wrote to our own grandparents, uncles and aunts. The letters were proof-read and edited by mom to ensure that they were adequately respectful. Then there were letters written to friends who had left owing to family shifting out of town. I also remember insisting on using only inland letters or pages of fancy letter pads and not post cards since I thought the latter did not spell 'class'.

Cultivating pen friends was a hobby in the 70s. I recall having two pen friends - one in erstwhile USSR and another in Seattle, USA. You see, I was a firm believer in the Non-Aligned Movement, equal leaning towards the communists and capitalists. The smell and texture of paper and the postage stamp of foreign land held a strange fascination for me.

My letter-writing improved and I acquired poetic finesse when I started writing to my husband, the few years we were dating each other. The long wait for the

reply, the familiar face of postman are all a part of a bygone era.

Circa 2000 and communication changed to first emails, SMSes and now FB, WhatsApp etc. With the advent of messaging, the msg became so abbreviated and cryptic that I often felt the sender could have easily written the cyphers during WW II. I joined WhatsApp owing to 'exigencies of service', some seven months ago, since communication between the ladies within the station has to be swift and regular. What I find baffling is the array of emoticons. I discovered quite recently, a site which provides a dictionary of all these emojis and smileys – some good Samaritan must have thought of developing this site, to help non-trendy & non trending people like me. I find myself using the emoji dictionary every now and then, for I have to decipher the feelings and emotions correctly.

Remember hearing 'change is traumatic?' Now, let me tell you there are a few things more traumatic than trying to differentiate between a smiley with a wide grin and smiley grinning with eye partially closed or for that matter, a smiley with a pout and one with a pout but eye closed.

A gust of wind brings me back, out of my reverie. I notice a bunch of curious kids, with amused looks on their faces, staring at me. Oh God! Was I humming too loud? Didn't realise, I look at the sky - a dust storm is brewing. I rush back home.

Mrs Kalpana Kaul Philip
W/o Air Cmde Philip Thomas VM
AF Stn Jodhpur



Company Secretary Turns Home Minister

It was in the winter of 2006 that I got married to a Fauji and my life turned topsy-turvy when I left my job as a Company Secretary Turns Home Minister and legal consultant in a multinational Company and started working from home to become a Fauji wife. To be honest the decision was difficult and not a choice willingly made, but when does life give you easy choices anyway? The situation becomes even more difficult when you refuse to accept your new role. Slowly my professional work from home also took a backseat when I was blessed with my daughter. Not yet having fully adjusted to the role of a homemaker, I now had an added designation of 'Mother' as well. This wasn't an easy role either and I was more exhausted mentally than physically. This transition from being a staunch career woman to a full time homemaker was indeed too taxing. For one, financially, I now had to ask for my expenses, emotionally, because I had to give up on my dreams and socially, because now I was looked down upon by the women who were earning. However, amidst all this chaos, I was determined to make my situation better and to be happy and proud of myself once again.

Over the years I realised that being a homemaker was not at all a simple job. It was much more challenging

than being a professional because at home you are reporting to yourself so you won't accept anything less than perfect. It is not the profits of the organisation but the lives of your husband and children which are at stake. So, I reached the conclusion that the job of homemaker deserves a lot of respect. This was also supported by the fact that the top economists of the world were now debating if the contribution of the homemaker should be included in the GDP of a nation, which they believe could change the growth story of a country.

The question that still hovered over my mind was, is being an economic contributor the only reason for a Fauji wife to be respectful of herself, whose life could never be compared with that of her civilian counterparts? To stay in remote places with hardly any facilities, husband not being around most of the time and a child to take care of, was undoubtedly a herculean task. When our extended families were busy discussing new malls in the town and next holiday destinations, we were busy packing bags for an entirely new place, with different weather conditions and unpredictable accommodation. For us finding a pediatrician and a good school were far more important than the world and kitchen politics. Our life was different. At the end of the day I was happy if my daughter was healthy and got a good school to



study in and my husband returned home safely after his long hours of flying. However, these struggles can never be quantified in monetary terms; nevertheless, the energy they consumed on a daily basis was immense.

I cannot deny the fact that working as a professional made me more pragmatic and gave me the perspective to look at situations differently. However being a Fauji wife, especially that of a flyer, I learned important life skills which have made me stronger, independent and confident. Now I have started respecting human life and my very existence in this world. I have learnt that not a single moment of our life is worth wasting on trivial issues and negative thought processes. I have started to admire myself for all the jobs I do at home right from cleaning the house to teaching my child, not just from the course-books but also the general life lessons, which only a mother can do.

In our patriarchal society where every woman is made to believe that she is dependent on her husband for her social standing, it is high time to start believing that it's actually vice versa. Whether a professional or a homemaker, her contribution can never be denied.

Her role is even more important in Fauj where, if the husband is not in the right physical and mental frame then the consequences could be catastrophic.

The question is not whether you are a professional or a homemaker. The question is about having a clear objective in life, grooming yourself everyday to become a better person, teaching the children human values rather than mindless and futile rituals, contributing to the society in every possible way to make it better for the next generation, creating a conducive environment at home for your husband and children to thrive and last but not the least respecting yourself for your unselfish and persistent efforts.

No doubt, working as a professional adds money to the family but it is the role of a homemaker, which adds value to the family and to the society as a whole. So I am definitely proud of my new job as a homemaker.

Mrs Bhavana Singh
W/o Gp Capt S.K. Singh
Air Force Station Bhuj



**THE HOMEMAKER HAS
THE ULTIMATE CAREER.
ALL OTHER CAREERS
EXIST FOR ONE
PURPOSE ONLY - AND
THAT IS TO SUPPORT
THE ULTIMATE CAREER.**

C. S. Lewis

Young Entrepreneur at 50

I happened to meet this lady in a train while travelling to Delhi from Jalandhar. A casual conversation on background revealed that we had one thing in common, both of us were AFWWA Sanginis. What she told me in the next one hour inspired me and I must share it with others. The lesson I learnt during that short train journey is etched forever in my mind. Here is her story as narrated to me...

"I am a 53 year old entrepreneur with a small staff of six women and two men working for me. We produce handcrafted items and sell them in local markets before the festive seasons. We have a turnover of about two lakhs per month and during festive seasons we touch even five lakh. India being a country of rich heritage and culture we are never short of ideas. If there's anything we are short of, it is ...Time."

She continued, "You may ask, if I have been in this business for a long time, but my answer is no. I started this venture three years back. My husband retired from Indian Air Force as a Warrant Officer. For the last 30 years, I had been moving with him to each of his places of posting. As a housewife I was mainly engrossed in the upbringing of my children and looking after daily chores. My main cause of concern used to

be making good the requirements of the family and my whole world used to revolve around them, I had almost forgotten that I was holding a degree in science and had been a good student throughout."

"Responsibilities at home did not give me a chance to opt for a job. Why do you take up a job, to keep yourself busy or to learn new things, right?! I had many reasons to stay busy, so thinking of taking up a job was never my priority. I will cut the story short, I had no option but to involve myself into domestic requirements of my family."

"During one of our postings, when kids had joined higher studies and were independent in most of their routine things, the husband was busy with his day and night commitments, I realized that I had adequate time to venture out of my main domain of taking care of home. I was introduced to a welfare activity organized by local AFWWA committee. It was a vocational training on art & crafts. I was looking for a venture to pass my afternoons and this came as a perfect solution."

Soon after enrolling myself for this class, I learnt to make handicrafts, soft toys and artifacts. Though I had a science background, I found I had hidden interest for arts as well. I took the classes religiously and turned out to be a favourite student of the teacher, who was another Sangini from a different unit."

"I kept the art inside me alive and rekindled the fire whenever possible. I practiced refining my work and most of the time the products I made were given as gifts by my children to their friends on birthdays or other special occasions. While we moved places on posting, my will to refine my skills kept growing in me. While I was doing it to keep myself occupied, without realizing an idea had taken birth in my mind."





"I thought why not make these products and sell them in the AFWWA (Local) shops? My husband supported my conviction and made an initial investment of Rs 50,000/- for my venture. People were worried that I may lose his hard earned money if this did not work. Surprisingly, it was my husband's money that they were worried about. I was also asked by others, as to why I would want to take up this venture at this stage in life. I turned around and asked them where it was written that I cannot start at the age of 50. Since my husband was at the end of his satisfying service life I had all the time in the world to do as I wish. I elected to do what my heart said."



"And this is how it went. I started a small venture with the generous help of my husband. One of my Sangini friends joined me to help. We both realized there are many items that flood the local markets before any festive season. So, it worked out perfectly for us, as we used to produce them and showcase in local AFWWA shops at the start of the festival shopping season. It did not matter at what stage of life I started a venture, what mattered was I started it. Today I am known as a young entrepreneur even at the age of 50. I feel I have just warmed up as my Sun has risen and I have a long way to go ahead."

As the train chugged towards Delhi station, I learnt a valuable lesson that day. There is no such thing as starting late, what is important is to make a beginning. No matter what may be the compelling factors at home, you can start any job or a venture based on your qualification, capability and need. You have many options such as art classes, tuition classes, cooking classes, consultant as nutritionist, physiotherapist, and receptionist.

'REMEMBER LIMITATION IS NOT IN YOUR CAPABILITY BUT IN YOUR THINKING'.

Mrs Shrabanti Baghira
W/o Cpl Surojit Chowdhary
47 Sqn AF



Those Subtle Changes...

Change is inevitable, especially when you are a part of the fauji fraternity. Being an army brat I wasn't new to the services culture, yet it was a refreshing change when I stepped into the Air Force family as a newlywed bride and today these are my most cherished memories.

It all started with the tradition of being welcomed as a new bride into the Station, which was extremely dramatic at that point in time and lasted for almost a week. And then, to learning and getting used to the Air Force ranks which are very different from the army ranks. And oh! most importantly, people you would otherwise address as uncle and aunty were suddenly not to be addressed that way anymore ...I feel that part was truly the toughest one for me!

The sudden transformation of becoming an 'aunty' from Didi was also new! That part of being addressed as Aunty by young children in the Mess would take some time getting used to! Ah ... the little changes!

The change in the conversation was the funniest... I remember my first party where the ladies were just



talking about their children's diapers, the popular MES complaints, AFWWA and the most favourite topic till date, maids! Maids seemed to be the most important part of everyone's lives and today I absolutely understand why!

Learning the conduct of attending formal sit down dinners, to being a part of bouncing and enjoying the fun of getting bounced by the full squadron or the bachelors...ah, wonderful days!

My journey till date spanning close to 17 years of association, being a part of the Air Force family has been a beautiful, enthralling journey with a mixed bag of emotions and experiences, full of memories that I wouldn't have any other way and most important, friendships that would last a lifetime.

I ardently second the words of Jim Ron, "Your Life does not get better by chance, it gets better by change."

May we all remain blessed to be a part of this beautiful organisation and continue to adapt to the changes for a better tomorrow!

Mrs Nitya Arora
W/o Gp Capt Prashant Arora
40 Wing AF



सिक्के के दो पहलू गृहस्थी और नौकरी



आज का समाज बदल गया है। पहले एक समय था जब महिलाओं को या लड़कियों को लोग बाहर स्कूल भेजने से कतराते थे। परन्तु आज लड़कियाँ शिक्षा ही नहीं अर्जित कर रही हैं बल्कि हर तरह की सेवा चाहे इन्जीनियरिंग हो, मेडिकल हो, शिक्षा हो, खेल जगत, प्रबन्धन, कला, संगीत या बैंकिंग सेवा हो या और कोई भी क्षेत्र में सफलता पूर्वक कदम रख चुकी हैं। आज महिलाओं ने अपनी शिक्षा की बदौलत हर एक मुकाम हासिल कर लिया है जो पहले महिलाओं से अछूता था और एक स्वप्न था। पेप्सिको की इंदिरा नूई, आई.सी.आई.सी.आई. बैंक की चन्दा कोच्चर और अन्तरिक्ष यात्री कल्पना चावला और न जाने ऐसे कितने अनगिनत नाम हैं जो महिलाओं की असीम क्षमता का आभास कराते हैं।

बात जब नौकरी के बाद की जिम्मेदारियों की होती है तो महिलाएं नौकरी के साथ गृहिणी बनकर अपने को हर काम में पारंगत होने की पहचान दे रही हैं। महिलाओं का उनके कार्य क्षेत्र व घर के काम दोनों में समन्वय बैठाना थोड़ा मुश्किल ज़रूरी होता है। इसकी वजह हमारे समाज में मेल डोमिनेशन है जिसके कारण महिलाओं की अनन्त काल से केवल बच्चे पालने और घर का काम करने की इमेज बन गयी है और जिसकी वजह से महिलाएं समाज में कुछ हद तक पिछड़ रही हैं। आज यदि हमारे समाज में महिलाओं की बढ़ती भूमिका की कद्र की जाती हैं और उन्हें थोड़ा घर के कार्यों में अपने परिवार का सहयोग मिलता है तो उन्हें घर और नौकरी दोनों स्थानों पर समन्वय आसान हो जाता है। ऑफिस व कार्य क्षेत्र में व्यस्तता अधिक होने के वजह से घरेलू कार्य में कभी-कभार कुछ कमी हो सकती है जिससे परिवार के आपसी सम्बन्धों में तनाव आ जाता है और मानसिक तनाव भी बढ़ जाता है जो फिर कार्य क्षेत्र में भी दुष्प्रभाव दिखाता है और फिर उलझन की स्थिति बन जाती है। कभी-कभार तो स्थिति यहां तक आ जाती है कि महिलाओं को अच्छी खासी नौकरी छोड़ना मजबूरी हो जाती है क्योंकि घर परिवार के लोगों का ज़रूरी सहयोग नहीं मिल पाता है।

महिलाओं को नौकरी शुदा होने के साथ-साथ गृहिणी बनना थोड़ा और आसान होता है जब परिवार में पति व अन्य सदस्यों का भी पूरा सहयोग और सम्मान मिले। बच्चे बड़े हो रहे होते हैं और पढ़ाई भी कर रहे होते हैं तथा घर में माता-पिता या सास-ससुर वृद्ध होते हैं तो घर की जिम्मेदारियों को सम्भालना और भी कठिन होता है और ज्यादा से ज्यादा समय की जरूरत होती है। उस समय नौकरी करना कठिन हो जाता है।

आज महिलाओं को कार्यक्षेत्र में बने रहने व उसमें अधिक से अधिक भागीदारी बढ़ाने के लिए हमारे समाज में महिलाओं को केवल घरेलू बनाएं रखने की मानसिकता को बदलने की जरूरत है। तब जाकर समाज में पुरुष-महिला समानता की सार्थकता सच्चे अर्थों में सिद्ध हो पाएगी और महिलाओं की क्षमता का सही उपयोग हो पाएगा।

श्रीमति संगीता गिल
पत्नी जू वा अ जे सिंह
ए एम यू
द्वारा वायु सेना स्टेशन कानपुर

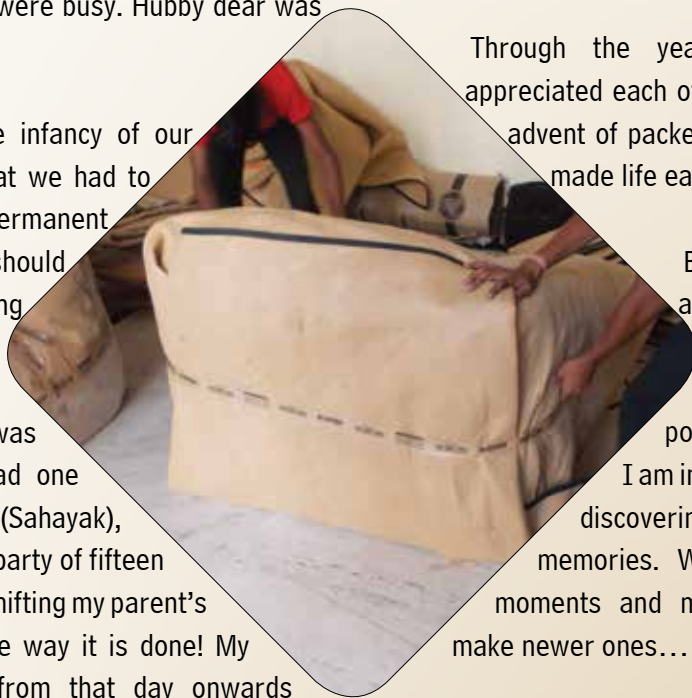


Of Packers and Movers...



I was born with packing and moving in my blood. I owe it to the grandfather who served in the British-Indian Army, and to my father who carried his legacy forward in the Indian Army. Thus, I didn't see it as a challenge when I got married to an Air Force Officer, who was also carrying his father's legacy forward. I boasted to my husband about how I had once shifted from temporary to permanent accommodation on my own as both my parents were busy. Hubby dear was indeed impressed.

One fine day, in the infancy of our marriage, he told me that we had to shift from temporary to permanent accommodation and I should start packing, reminding me of my packing and moving skills. I gave him a blank look. But where was the working party? I had one Hawaldaar, one 'Bhaiya' (Sahayak), one maid, and a working party of fifteen men to assist me during shifting my parent's home...because that's the way it is done! My husband laughed, and from that day onwards I realized what packing and moving meant in the Air Force.



Even though we used to have regular turf wars, our fathers, one a transport pilot and the other an infantry man had great respect and admiration for each other's job. One would drop essentials in the difficult, far flung remote areas of the North and North East and the other would receive them, the letters from home being one of the most prized cargos.

Through the years we reconciled and appreciated each other's way of life, and the advent of packers and movers has surely made life easier!

But nothing beats packing all those trunks, especially the saree trunk which gets heavier with each posting. Even as I write this, I am in the process of unpacking, discovering little knick knacks and memories. What is life, but packing moments and memories and moving to make newer ones...



Mrs Seema Verma
W/o Air Cmde Rajat Verma
46 Wing AF



“सफर-किताबों से किंडल तक”

“वो पन्ने पलटने का मजा कुछ और था,
वो महक नई— पुरानी किताबों की कुछ और थी ।
वो जमाना कागज की कशती बनाने का कुछ और था,
वो स्याही से नाम लिख कर मिटाने का दौर कुछ और था।”

समय हमेशा ही बदलता रहा है। आज भी शायद बदलाव की तैयारी हो गई है, शब्दों का महासागर और वो नई— पुरानी किताबों की खुशबू, वो पलटते पन्नों की आवाज, रुकती हुई बारिश के जैसे धीमी और खत्म होती लग रही है।

हमेशा से यही तो पढ़ा-सुना है कि ‘किताबें मनुष्य की सबसे अच्छी दोस्त हैं’, तो क्या अब यह बात गलत साबित हो जाएगी...? नहीं—नहीं, ऐसा कुछ भी नहीं, किताबें खत्म नहीं होंगी, वो ही नहीं सकतीं। उनका लिबास बदल रहा है। बस किताबों ने मानों तकनीकी जामा पहन लिया हो। आज के जमाने में किताबें, नई—पुरानी, सब किंडल पर एक जगह व्यवस्थित रूप में उपलब्ध हैं। मानो कई किताबें एक छोटे से किंडल की रुह बन गई हों। नई पीढ़ी को और भी सुविधा हो गई है। बैग में अब कई सारी किताबों को नहीं रखना होगा, बस एक किंडल में सब होता है। पहले सामान पैक करते समय कई डिब्बे किताबों के ही होते थे। अब छोटे से किंडल में सब कुछ समा गया है। संसार का पूरा पुस्तकालय हाथ भर के इस यंत्र में है।

यह बात सोलह आने सच है किताबें किसी भी व्यक्ति के व्यक्तित्व को उभारती हैं और साथ ही एक प्रकाश स्तंभ की तरह हमेशा अपनी मंजिल को पाने का रास्ता भी दिखाती हैं। इसीलिए किताबें सदा पूजनीय रही हैं। याद है, गलती से भी अगर किसी किताब से पैर छू जाता या किताब जमीन पर गिर जाती थी तो हम बार बार उन्हें हम माथे से छुआ करते थे, क्योंकि जो ज्ञान दे वो गुरु। तो फिर क्या फर्क पड़ता है 6-7 इंच का किंडल हो या कागज की किताब! मुश्किल समय में, अकेले होने पर, ज्ञान वृद्धि में दोनों ही हमारा समान रूप से साथ देती हैं।

तो हम इस बदलाव का क्यों न खुले दिल से स्वागत करें, या फिर यही सोच लें कि यह किताबों का ही कोई नाती, पोता या अगली पीढ़ी है, जो अब ज्यादा वैज्ञानिक और तकनीकी आवरण से लैस है। हमारी पीढ़ी, जिनको आदत रही है पन्ने मोड़ कर और बुक मार्क या पेन फंसाकर पन्ना रोकने की, उन्हें ऐसा करने से कौन रोकता है। उन्हें किताबें पढ़ने से या लाइब्रेरी में जाकर पढ़ने से, किसने मना किया? बस यों समझ लें अपना—अपना शौक, लिहाज या पसंद है। जनाब, किसी को किताब की प्रिंट की खुशबू चाय की चुस्कियों के साथ आनन्द देती है, तो कोई कैफे में बैठकर किंडल पर स्वाइप करते हुए कॉफी की चुस्की में मस्त है। चाहत दोनों की ही एक ही है ... पढ़ने का आनंद लेना और अपने आप में दोनों सही भी हैं।

शायद इसी को परिवर्तन या तकनीकीकरण कहते हैं, या यही है रुख हवाओं का!

श्रीमती हेमा राणा
पत्नी ग्रुप कैप्टन अजय राणा
वायु सेना स्टेशन नई दिल्ली



COMBAT SANGINI

From Spouse to a Service Officer

I met him in a bus. I was in my Final year of Bachelor of Pharmacy. Till then, I had never had any interaction with any defence personnel. It was a memorable experience. Phone numbers were exchanged and gradually long conversations ensued. We fell in love and then one fine day, he proposed and I said yes! Initially our families were against the marriage, but finally they agreed and we got married on 10 November 2012. I had just completed my Masters and, in fact, I gave my final presentation and Viva the day after coming back from our honeymoon.

I was happy and fully satisfied with my life having a Fighter Pilot as a loving husband. God blessed us with a daughter on 07 October 14. We were happy and content in our small and happy little world. Sqn Ldr Amardeep was posted at FIS, Tambaram as Directing Staff.

One day, he participated in a triathlon event in Chennai. I was not keeping well that week. In the morning, before leaving for the event he kissed me and asked me whether he should go or not since I was not well. I told him to go and give his best in the event. In the evening I got a call that Amar has been admitted in the hospital. I took my 10 months old daughter along and went to the hospital. When I reached there, CO told me that he was no more.

My worst fear came true. I did not know how to react. I was in shock...my mind went still and my body was numb. I couldn't cry for three days till his funeral. I was still hoping against hope that he would come back...how could he just leave me like this... My daughter was not old enough to comprehend what was going on and that her doting father would not be



coming back. I was so depressed at that moment that I wanted to end my life, but then looking at the face of my innocent daughter thinking what would happen to her in my absence, restrained me from doing so.

Very shortly after that, one day Wg Cdr Ranwa came to me with the proposal of me joining the Indian Air Force which was like a silver lining in my otherwise dark life. I decided to join. I took coaching in Mohali for SSB so that I could give it my best shot. During these tough times my daughter was my biggest strength and I wanted her to have a good and safe future. In January 2016, I was called for SSB at Dehradun. It was the first time I had left my daughter alone with my parents. In the SSB interview, when I was asked why I wanted to join the Air Force, my answer was simple, I did not want anyone to look at me and my daughter with pity. It was hard for me as a mother to leave my daughter.

But thinking it was for the better, I went there, gave my best and when the results were announced, I was moved to tears. Yes, I had made it.

On Jul 2016, I joined the prestigious Air Force Academy, Dundigal. With a heavy heart, I left my one and a half years old daughter behind with my parents. I was going for a year-long training and we were not allowed to keep phones. I was aware that the training would be tough, and I had lot of doubt in my mind about whether I would be able to do it but I was determined to finish it whatever difficulties may come. My life took 180 degrees turn, from being a spouse of an Officer to be an Officer myself. Uniform took the place of Sari and Boots took the place of heels. I had never thought that I would don the blue uniform this way but this is what life is.

Now, began my 54 weeks long tough and grueling military training. I had never done much of physical work. I was always into academics and reading. So it was very hard for me to keep up physically with my younger course mates but like the saying goes 'You never know how strong you are until being strong is the only choice you have'. I never gave up. Training was very tough and I faced a number of challenges but with the support and motivation of my seniors and course-mates, I was able to complete my training. It was more about how you train your mind to act during difficult activities...to not give up...it was all about mental strength rather than just physical strength. Finally, the hard work paid off and on 17 June 2017 I passed out as a commissioned officer.

From here on, it was a new beginning to my life. I was a totally different person now. I have evolved as a better person, more confident and mature. Now I was ready to live my life again with full zeal and enthusiasm, I was able to provide a secure environment for my daughter and there was a motive to live and to be



happy. I made something out of myself in my most adverse situation rather than giving up on life.

Journey from Mrs. Amardeep to Flying Officer Malvika Gupta was not easy. But I had constant help and support of my family and my friends. In this difficult time, Air Force as an organization held my hand throughout my journey and made me feel the warmth of the Air Force Family bonding. Life is full of twists and turns, some are good and some are bad. Life gave me the worst possible challenge but with the determination and inner strength and the support of family and organization, I was able to overcome it. I decided to follow my husband's footsteps and with a determination that I will wear his stripes and uniform, I emerged as a winner. I think I made my husband and my daughter proud.

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

Flt Lt Malvika Gupta
45 Wing AF



मैंने बदली अपनी सोच

सुबह-सुबह पति का ऑफिस से फोन आया। पता चला हमें क्वार्टर मिलने वाला है। उन्हीं दिनों काफी नए क्वार्टर देने की बात चल रही थी। मन ही मन छोटी-सी लालच होने लगी, काश नया घर मिले। दो दिन बाद दोपहर में खाना खाते-खाते पति ने कहा हमें पुराना ही मिला है। भूख जैसे एकदम मर गई, पर मन में सोचा एक बार देख लें। देखा तो लगा जैसे सालों इस घर में किसी ने दीया तक नहीं जलाया, मन में उदासी छा गयी। घर आने पर इन्होंने कहा, चाहो तो मना कर सकते हैं। मैंने उन्हें कुछ नहीं कहा और अपने काम में जुट गई। हम अक्सर यह शिकायत करते हैं कि हमें खराब क्वार्टर मिला। पर किसने खराब किया, मेरे जैसा ही कोई होगा जिन्होंने कभी इस घर को अपना नहीं समझा। जब हम क्वार्टरों में रहते हैं, उसी दौरान सरकार की तरफ से कुछ-कुछ काम होता रहता है, जैसे कि दरवाजा, पानी की पाइप लाइन, खिड़की, जाली, बिजली का काम इत्यादि।

लेकिन थोड़ी सी मेहनत के लिए हम अक्सर मना कर देते हैं। हमें लगता है कौन फालतू की परेशानी ले, बाद में जो आएगा वो करवाएगा, हम भूल जाते हैं कि यह सरकारी काम है, एक अकेले क्वार्टर के लिए कोई भी काम नहीं होता, फिर दो-तीन साल बाद इस क्वार्टर की बारी आएगी तभी इसका काम होगा। इसी चक्कर में घर का काम नहीं होता और घर की हालत बद से बदतर होती जाती है। अगर हमारी तरह सभी ऐसा सोचने लगे तो न जाने कितने ही क्वार्टर ऐसे खराब पड़े रहेंगे। जब हमारे खुद के घरों में काम होता है तो पैसा – परेशानी दोनों ही हम सह लेते हैं। जिस घर में हम पूरे परिवार के साथ रहते हैं, सुख या दुख, खुशी हो या गम सब कुछ हम इस घर के साथ बाँटते हैं। तो क्या इस घर के प्रति हमारी कोई ज़िम्मेदारी नहीं ?

शायद सभी लोग इस घर को लेने से मना कर देते हैं, इसलिए आज इस घर की यह दुर्दशा है। मन ही मन सोचा यही क्वार्टर ले लेते हैं, धीरे-धीरे काम करवाते रहेंगे। शुरुआत के दिनों में थोड़ी-सी तकलीफ हुई लेकिन धीरे-धीरे इस घर को नया सा बना लिया। बिजली के काम से शुरुआत हुई और बगीचे का गेट कब लग गया पता ही नहीं चला। यह घर नया-सा ही बन गया। देखते ही देखते तीन साल बीत गए, पोस्टिंग भी आ गई। चल पड़े, फिर से नयी दुनिया बसाने। फिर से किसी पुराने क्वार्टर को नया बनाने।

श्रीमती इंद्राणी चक्रवर्ती
पत्नी वा अ वी चक्रवर्ती
वायु सेना स्टेशन सूर्यलंका



Sqn Ldr Nivedita Ahlawat
W/o Sqn Ldr Karan Saluja
47 Sqn AF



Changes and Constants

From the late night adventures of
Carefully cutting SRK's picture changes
From the Delhi times
To saving screenshots on the go
A lot has changed!
Daily ritual of remote fights
Have been replaced with
Separate media for all!
The Sunday's wait for mom's Biryani
Has been replaced by the
Customized Zomato menu!
Monthly picnics to the zoo have been
Replaced by the mall culture.
I remember, I came back home with
Bruised knees and ankles
To my angry mom
Our kids don't go out
Without the sunblock!
The rustic smell of the books,
Have been taken over by the Kindle.
The secret Grandma's recipe of Gajar ka halwa
Stays buried in the book
While videos teach the young ones
How to cook the chocolate pie
Feelings have been taken over by emojis,
And jokes by memes,
Long phone calls by text messages,
And letters by mails,
However what remains untouched is
The sweet pain of missing a loved one
The constant anxiety of waiting for someone
The tear of joy on their arrival
And the warmth of an embrace!

Mrs Sutapa Chaki
W/o WO Chaki
151 HU C/o 43 Wing AF



My Aspiration

I sit near the window, to look outside
Only to realize, the world has never been on my side

I broom and mop, wash and cook
But never had leisure to look

Every morning I hope to find a ray
But, in the end, I lose faith at the bay

Looking at the present I remember my childhood
Only to realize my freedom and life was controlled by the
neighborhood

Every time I took courage from my dream to say
Only reply I used to hear "What will people say?"

The "I" in me wanted to like a life of her own
Only to realize that life is not her own

Thinking that still makes me frustrated
Because the thinking that most have is still out dated

We protest, debate and demand for all, One
But in the end, it is back to square one

That is why I want my daughter to live her life.
Not to think herself only as a future wife.

She cries, falls and stumbles down.
But one day, she will be a queen with her own crown.

They say women are inferior, belong in the kitchen.
I shout at them we are superior and equally One.

The time is over for us to nurture.
Because the time has come to become the "Future".



Marrying into The Air Force Family

*"She stood in the storm, and when the wind did not blow her way
she adjusted her sails"*

- Elizabeth Edwards

Ever since my childhood I was mesmerized by the mighty jets and their roaring sound. Such was the fascination that even during morning assembly sessions at school, I used to keep looking at them when they flew past. It was my dream to stay closer to these jets and three years back that dream came true when I got married to a fighter pilot.

When we got married he was posted as an instructor in Air Force Academy. It was my first time to any Air Force station and we chose to drive down to it, in our car. As we entered the gates of the Academy, the first thing I observed was the discipline in air. The roads looked like broad highways, well-marked and properly lit, yet the vehicles were moving at a very slow speed and in an orderly manner. Not only were the riders, the pillion riders too were wearing helmets. Even in a big city like Pune, I had not seen traffic as organized as it was here. I was one among the defaulters who may have chosen to ignore some traffic rules at times. Being inquisitive I asked, why everybody drove so slow, when the roads were wide and without any traffic. Promptly, the reply came, "welcome to the Air Force, we live by rules, and traffic rules are one amongst the many we follow obediently." I was astounded by the reply and started feeling the seed of discipline being ingrained in me. When you join



the air force family, you too start becoming disciplined in all spheres of life, much like your spouse.

When you marry into the air force family, you are put at the bottom of the learning curve once again, no matter how qualified or how established a professional you are. You have to learn so much about things you would never have given any thought to otherwise in life. Yes, the change was inevitable.

For instance, any girl usually takes a lot of time to get ready and if it is for a party, she takes even longer! However, as a lady in Air Force, she manages to get



ready for any official function before time that too in a saree and manages to carry it with grace. She learns to be gracious, maintaining her elegance and meets new people with warmth and a lovely smile. Yes, she becomes an extrovert and learns to be punctual too!

In the last three years, I've seen three different stations. Yes, we live a nomad's life in air force and it is a part and parcel of being an Air Force wife. Packing and unpacking household stuff during postings is not a big issue for us. With every posting we decorate our new houses with increased interest and arrange our new homes with a lot of love and emotions. We are more resilient than anybody else, as we can live in big bungalows and also adjust easily in temporary accommodation.

We deserve total respect, as we are the silent ranks behind our men. We are capable enough to manage the house single handedly when our husbands go away on temporary duties (TDs) or even when they are available in station, as they are seldom available

for household jobs. A lady wife is defined by her grace, poise and patience. It's not just about glamorous life revolving around parties and events; it is also about supporting other ladies and mentoring the new ones who have just joined the family.

We are the support system for each other during hardships. One feels privileged when the unit ladies pamper and groom you like your own family, showering you with all their love. It is also a part of learning how we should be when it's our turn to take care of the new ones in the Air Force family. Who can be luckier than us, we support the heroes who serve the nation! Behind every strong soldier stands an even stronger woman who supports him and loves him. I'm a proud wife and privileged to be in the Indian Air Force family.

Mrs Richa Pandey
W/o Sqn Ldr MK Pandey
47 Sqn AF



बदलता परिवेश बदलता व्यवसाय

जमाना आज तेजी से बदल रहा है। परिवर्तन की हवाएँ जोर पकड़ चुकी है। जो कल तक निषेध था, आज स्वीकृत हो चुका है। यहाँ मैं अपने पाठकों का ध्यान कौशल तथा शिक्षा बनाम जुनून, शौक तथा आजीविका की ओर ले जाना चाहूँगी। आज वो जमाना नहीं रहा जब डॉक्टर, इंजीनियर या वकील के अलावा अन्य व्यवसाय बेकार समझे जाते थे जमाना बदल चुका है। आज का युवा अपनी इच्छा से कोई भी व्यवसाय चुन सकता है और उसमें उत्कृष्टता पा सकता है, महारत हासिल कर सकता है।

एक नज़र आज के व्यावसायिक विकल्पों पर डालें तो पता चलता है कि आज के युवा के पास पारंपरिक व्यवसायों के अलावा अनेक विकल्प उपलब्ध हैं। आज की शिक्षा पद्धति केवल किताबी ज्ञान नहीं दिलाती वरन् कौशल विकास भी कराती है, जो विद्यार्थियों को आगे चलकर अपना मनपसंद क्षेत्र चयन करने का अवसर देता है।

सर्विसेज सेक्टर जैसे आतिथ्य (hospitality), परिधान व फैशन डिजाइनिंग, मॉडलिंग, ग्राफिक डिजाइनिंग, सौंदर्य प्रसाधन, स्वास्थ्य एवं फिटनेस सेक्टर, खेल-कूद व शारीरिक शिक्षा जिसमें योग भी सम्मिलित है, ऐसे क्षेत्र हैं जिनमें ज्यादा से ज्यादा लोग आकर्षित हो रहे हैं। हॉबीज़ जैसे बागवानी, जड़ी-बूटी उगाना, बोंसाई बनाना आदि आगे चलकर लैंडस्केप डिजाइनिंग तथा आंतरिक सजावट जैसे सफल व्यवसायों में परवर्तित हो सकते हैं। भित्ति चित्रण (mural painting) आज दुनिया भर में व्यापक रूप से प्रचलित हो चुका है और भारत भी इससे अछूता नहीं है।

आयुर्वेद और यूनानी चिकित्सा पद्धतियां आज उतनी ही महत्वपूर्ण हैं जितनी कि एलोपथी या होमियोपैथी बीते कुछ वर्षों में ऑनलाइन डिलीवरी प्लैटफॉर्मस जैसे जोमेटो, स्विगी इत्यादि ने कई रसोइयों को 'शेफ' बना दिया है तथा खाद्य एवं पेय उद्योग को काफी आगे बढ़ाया है।

फोटोग्राफी एवं सफर के प्रेमी बखूबी ऑनलाइन ब्लॉगर बन सकते हैं। कला और सजावट ब्लॉगिंग, यात्रा वृत्तांत लेखन, खान-पान ब्लॉगिंग जैसी विधाओं में ये अपना हुनर आजमा सकते हैं। इन ब्लॉगर्स की आज अच्छी माँग है और कितनों के पास तो अपने प्रसारण चैनल हैं, टीवी पर यू-ट्यूब



इत्यादि। शास्त्रीय एवं पश्चिमी नृत्य संगीत एवं वाद्य यंत्र बजाने की कला ने रोजगार की एक नई शैली पैदा की है जो आज एक सफल व्यवसाय बन गया है परिधान और फैशन तथा वेलनेस और सौंदर्य सम्बन्धी उद्योग ने सकल घरेलू उत्पाद में अधिकतम योगदान दिया है, साथ ही साथ अधिकतम रोजगार की गारंटी भी दी है।

आज माध्यमिक विद्यालय की अपनी पढ़ाई पूरी करने की बाद विद्यार्थी विभिन्न प्रकार के नियमित और व्यावसायिक पाठ्यक्रमों में से चुन सकता है। सी.बी.एस.ई. तो बारहवीं कक्षाओं तक 50 से भी ऊपर व्यावसायिक पाठ्यक्रमों में से चयन करने का अवसर देता है। नतीजा यह होता है जब तक विद्यार्थी अपनी उच्चतर माध्यमिक शिक्षा पूरी करता है, तब तक उसने अपने पसंदीदा पेशे के लिए योग्यता और रुझान, दोनों ही विकसित कर लिया होता है। आगे चलकर यही उसकी कामयाबी का आधार साबित होता है। सरकार ने भी विभिन्न योजनाओं जैसे, मुद्रा योजना, स्टार्टअप इंडिया, स्टैंडअप इंडिया, स्किल इंडिया इत्यादि के द्वारा उनके प्रयास को आसान बनाया है। आज की युवा पीढ़ी में जोखिम लेने की क्षमता आई है, अपने बल पर कुछ कर गुजरने का जज्बा व विश्वास जगा है। आज कितने ही युवा उद्यमी सामने आ रहे हैं। परिणाम यह हुआ है कि आज का युवा 'काम ढूँढ़ने वाला' नहीं अपितु 'काम देने वाला' बन चुका है। नए भारत की यही सबसे बड़ी उपलब्धि है।

आज की इस बदलती दुनिया में धन, दौलत, शोहरत, हैसियत तथा सफलता ही सब कुछ नहीं है। आज की युवा पीढ़ी की विचारधारा में अमूल-चूल परिवर्तन आ चुका है कोई भी काम, कोई भी व्यवसाय आज निषिद्ध नहीं है। इस परिवर्तन को लाने में मीडिया और इंटरनेट की अहम भूमिका रही है। इंटरनेट ने सूचना क्षेत्र में क्रांति ला दी है। इसने आज कि युवा पीढ़ी को सूचना उपलब्ध कर उन्हें सशक्त किया है। उन्हें आत्मविश्वास दिया है वह अपने माता-पिता की सपनों को नहीं बल्कि खुद के सपने को जीते हैं। परिवर्तन ही संसार का नियम है और आज की हमारी युवा पीढ़ी ने इस परिवर्तन को गहन अंजाम दिया है।

विंग कमान्डर संगीता मल्ला (सेवानिवृत्त)
पत्नी एयर कमांडोर ए.के. भारती वा मे
वायु सेना मुख्यालय वायु भवन





From Gurukul to Guru Kool!!

The changing face of education



On the first look this seems like a heavy and formal topic, all ready for a debate! Well, for what it's worth, the subject definitely needs awareness and we will deal with it in a friendly manner! No swords drawn, no smoke signals and definitely, no war sirens.

Let's rephrase our title: Education then and Education now! Wow, education THEN! I mean in the 90s! Sounds ancient!

Education NOW stands for education of the millennium! To understand how education has evolved over the years, I will set the 'button' on 'rewind' so as to walk down memory lane for a quick flashback and then 'fast forward' to quickly jump back into present times.

From Kg to 12, I remember schools only with CBSE or ICSE board. Nowadays there are plenty more – franchises like Eurokids, Kangaroo Kids and boards like IGCSE, IB are key players in changing the face of education.

Let's talk about commuting to school. In our times, we went to school either with parents or on our bicycle; which later graduated to a Hero Puch or a Kinetic Honda. Technically, all students were self drop, with a few coming in cycle rickshaws which graduated to auto rickshaws. These days the roads are painted with school buses of different shapes and sizes, mostly yellow, some air conditioned, some not, most with a lady attendant, GPS trackers and safety gears in place.

Remember, entering the gates just as they swung closed and reaching school to the ringing of the morning bell?! What an achievement it was, not to be a part of the latecomers' line. No note in the diary and

no visit to the Principal's office! The very mention of the Principal's office brought a shiver down our spines (I know...shake it out!).

These days the gates remain open. There are no latecomer lines and definitely no remarks in the diary. Most Principals now are highly approachable and are friends with the children, so a mention of the Principal's office is considered serious but not to the extent of turning one into a bundle of nerves!

Then came the assembly lines. With the PTI vigilant and checking every student for ID cards, uniform, nails, hair and shoes (forget proper shoes, whether shoes were polished or not), there was no escape. I remember religiously polishing my shoes every evening till I could see my face in it! Melodramatic? More so, because our CT brought it on herself if our personal hygiene was questionable.

These days most schools do not engage in checking the uniforms, as it is considered a negative reinforcement. Lapses in personal hygiene are subtly informed to parents. Polishing shoes is a long forgotten art! I wonder if kids these days are aware that shoes need polishing! Well, they are not to be blamed because they wear cloth shoes which don't need polishing! Many schools have informal uniforms on a daily basis so ironing is not a problem anymore. No naughty (knotty) ties, no tricky belts and badges. The idea is to make the children comfortable and make them feel at home! The classrooms then, were all benches and a blackboard, with one or two fans which nobody ever noticed. Not us, not our parents.

We usually had about 40 classmates keeping us company and till date the memory is so vivid that this

class of 40 maintained pin drop silence when a teacher walked in. Proud of it! These days the class ratio is 1:25 or 1:30 at the most. Many schools have air conditioned classrooms or at the least are extremely well lit and well ventilated. The benches have been replaced by colourful tables and chairs. The blackboard has a smart board as a companion. The walls of the classroom are adorned with various soft boards giving out important information like birthdays, house lists, performance charts among many others.

Teaching then, was mainly via lecture method. It was a one way communication with a lot of information being imparted in the 30 or 40 mins. A typical class routine was reading of the lesson by the teacher, a reading by the students, explanation of the topic, discussion of Q and A and exercises in the textbook. Being convent educated for most of my life, I was prepared for questions from within the chapter and beyond, which wasn't the case in many other schools. Whoa! This is where major changes have come in, these days.

Teaching has an entirely different meaning and approach. Teaching is now an interactive process, where the teacher is merely a facilitator and enables the process of learning. Children today are well informed and have tremendous exposure and access to knowledge. A yesteryears' teacher could walk into a class unprepared, but today even a primary teacher is expected to be up to date with all that's going on or else God save her!

Teaching today is activity based giving importance to hands-on learning. The focus is to strengthen the basics and understanding of concepts. Digital content for every topic helps in multi sensory learning. Regular field trips provide real-life experience to students. The latest entrant in the field is Augmented reality and Virtual reality. They have taken education to an entirely new level of seeing practically every object in 4 dimensions!

Earlier we were under the impression that kids should be sent to school only at the age of 3. Well think again! Latest research has proven that education should begin as early as 6 months of life. Brain development reaches 75% of its capacity, by the age of 24 months. These days there is less pressure on students in terms of rote learning and writing practice. Oh! I remember being reprimanded for untidy work and bad handwriting, and mind you cursive handwriting! Today, there is nothing like untidy work and handwriting practice has taken a backseat.

My son's teacher told me, "Why stress over handwriting, later in life he will only be typing!" Makes sense keeping in sync with the digital age setting in. After all kids these days are literally born with mobile phones and Wi-Fi! Exams and tests were such a scary experience during our times. I remember my mom teaching me early morning sitting with a scale in her hands! And on the day of the results I remember her fighting with my class teacher for half a mark, even though I had stood first in class. Well those were the days! These days, marks have been replaced by grades in primary classes so whether you score a 95 or 99 you get an A+. The grading system does take the pressure off from students and parents but in the long run I do feel that the level of seriousness towards studies goes down.

Whether in Gurukul or in Guru Cool, students have always been the center of it all. They never had anything easy. The challenges have changed over the years but they do exist. The level of competition has increased, the level of knowledge has increased, the level of expectation has increased. There is no good or bad system and we are definitely not taking sides, the idea is to take the best of both eras and keep improving, to churn out generations of well informed and well developed personalities.

Mrs Preeti Raturi
W/o Wg Cdr G Raturi
29 Sqn C/o 32 Wing AF



परिवर्तन मेरा बदलाव

नीली वर्दी वाले से विवाह कर बनी मैं संगिनी
सपनों की दुनिया सी, लगी बड़ी सुहानी ।

आई थी मैं एयरफोर्स में बाबुल की फुलवारी से
अलंकारों से सजी रहती नाजुक गुड़िया जैसे ।

माथे पे बिंदी, माँग में सिंदूर सजा
होटों पे लाली, आखों में काजल लगा ।

लेडिज़ क्लब में इतरा के चलती थी
हर प्रतियोगिता में खुद को साबित करती थी ।

आज मैं परिपूर्ण हूँ, मुझ में जोश है
अपनी मेरी अलग पहचान है और होश है ।

बदल गयी मैं बदल गया मेरा संसार
कायाकल्प हुआ, बदल गयी मेरी पहचान ।

घूम-घूम कर भारत का कोना
अस्तित्व मेरा बन गया है सोना ।

अब मैं वो सजी गुड़िया नहीं, सशक्त नारी हूँ
हर परिस्थिति से लड़कर, रहती सब पर भारी हूँ ।

नहीं आखों में आँसू, अब धंधकती आग हूँ
हर अनबूझे प्रश्न का मैं ही जवाब हूँ ।

नीली वर्दी वाले ने सिर मेरा अभिमान से उठाया है
साहस भर दिया मुझ में और हर सम्मान दिलाया है ।

“जय हिंद!”

श्रीमती अन्जू चौधरी
पत्नी ग्रुप कैप्टन अरुण चौधरी
दक्षिण वायु कमाण्ड मुख्यालय



Painting by:

Ms Sunidhi Wahi
D/o Gp Capt Vikas Wahi
Air HQ, Vayu Bhawan





टेक्नॉलॉजी- जीवन हुआ आसान

दुनिया बहुत तेज़ी से बदल रही है। इंसान की जिन्दगी में जितने बदलाव 100 वर्षों में नहीं हुए उससे कहीं ज्यादा पिछले 20 साल में हो गए। टेक्नॉलॉजी के कारण हमारा जीवन पूरी तरह से पहले से भिन्न हो गया है।

इंटरनेट के जरिये हम घर बैठे पूरी दुनिया से जुड़ते हैं। सोशल मीडिया ने हमें विश्व के हर कोने से जोड़ दिया है। घर बैठे खरीदारी करना संभव हो गया है। हम इंटरनेट के माध्यम से कुछ भी घर बैठे खरीद सकते हैं। कपड़े, गहने, इलेक्ट्रॉनिक्स का सामान, किताबें, यहाँ तक कि फल, सब्जियाँ और घर का राशन भी। ऑनलाइन पेमेंट बैंकिंग से पैसे कहीं भी कम समय में भेज सकते हैं। किसी को उपहार चॉकलेट, फूल, केक भेजना हो तो इंटरनेट से भेज सकते हैं। खाना बनाने का मन नहीं कर रहा हो तो खाना भी ऑनलाइन मँगा सकते हैं।

गूगल अब गुरु समान हो गया है। किसी भी चीज़ की जानकारी चाहिए तो गूगल बता सकता है। अब तो किताबें भी ऑनलाइन पढ़ी जा सकती हैं।

घर के काम के लिए अब रोबोट्स हैं। भारी सामान उठाना हो या घर की सफाई हो, यह सब करने के लिए अब रोबोट्स बनाये गए हैं। चिकित्सा के क्षेत्र में ऑपरेशन के लिए भी रोबोट्स का सहारा लिया जा रहा है।

रोज़मर्रा के जीवन में इस्तेमाल होने वाले गैजेट्स मोबाइल, म्यूजिक सिस्टम, स्पीकर्स, गाड़ियाँ, इलेक्ट्रॉनिक उपकरण और अन्य स्मार्ट डिवाइस अब ब्लू टूथ के माध्यम से एक नेटवर्क द्वारा एक दूसरे से जुड़े हैं और डाटा एक्सचेंज कर सकते हैं। हम घर में सिक्योरिटी कैमरा लगा कर किसी दूसरे शहर से भी उसे मॉनिटर कर सकते हैं। अस्पताल में मरीजों पर नज़र रखना, गाड़ियों को किसी दुर्घटना से बचाना आदि के लिए भी इनका इस्तेमाल होता है।

अब ग्रीनहाउस के स्थान पर पिकहाउस बनने लग गए हैं जिसमें गुलाबी रंग की कृत्रिम रोशनी में बंद कमरे में भी खेती की जा सकती है। इससे ऑर्गेनिक और कीटनाशक मुक्त खेती संभव हुई है। इस तकनीक से LED प्रकाश से फसल उगाई जाती है, पानी की भी खपत कम होती है।

अब 3D फिल्में बनने लग गयी हैं और 3D फोटो भी खिंच सकते हैं। थ्री डी इमेज से एक वास्तविक माहौल बन जाता है। कार चलाना सीखना हो या प्लेन चलाना, इन सबमें थ्री डी का प्रयोग किया जा रहा है। अब तो 3D प्रिंटिंग का चलन है। सॉफ्टवेयर की मदद से इसके जरिए बहुत सी चीज़ें बनायी जा रही हैं जैसे शरीर के अंग, कार, जूते, गहने और मकान भी।

इस तरह हम कह सकते हैं कि टेक्नॉलॉजी हमारे जीवन को पूरी तरह बदल रही है। आने वाले समय में दुनिया का रूप कुछ और ही होगा।

श्रीमती सुनीता देवी
पत्नी जू व आ मुकेश कुमार
वायु सेना स्टेशन जयपुर



The Enchanted Forest

It was a sunny morning in the forest. Sunlight was filtering its way through the canopies of the trees, creating beautiful patterns on the lush green grass, that covered the earth like a warm blanket. A pleasant breeze blew through the air and the chirping of birds could be heard, even at a distance. The calm of the forest was suddenly disturbed, as the wail of a child echoed through the trees.

A small girl, whose age couldn't have been more than five, could be seen crying and stumbling across the forest. She suddenly stopped walking and stood near a big pine tree. She cried out, "I wish I had something to eat! I've been walking for hours and still cannot find my way back home."

As soon as she said she was hungry, the branches of the tree rustled and some pine nuts fell on the little girl's lap. Surprised, she looked up and wondered if the tree had actually heard her cries. She then said, "I wish I could find my way back home!" Sure enough, the tree extended its branches in the form of an arrow, pointing to the left, in the direction of a cave.

The girl couldn't believe her eyes! She had heard of such magical things in fairy tales but had never seen anything like this happening before. She silently thanked the tree, which as if to say, "You are welcome", shook some petal blossoms from its branches gently onto her hair.

The girl went towards the cave thinking it might lead her home. But to her disappointment it appeared to lead nowhere. She sat down, feeling sad and took shelter in the cave for some time. After a while, she suddenly felt something poking her shoulder. She looked back, there was nothing there. Suddenly she heard somebody calling out her name, "Tanisha!" She started walking towards the voice, which appeared to come from deep inside the cave. As she hesitantly walked, she was worried, because the cave appeared empty. All of a sudden, as she made her way along the rocky floor, she stumbled upon a bag. She excitedly

opened the bag to find that it was full of gold coins. Tanisha was filled with joy. She started dreaming that she would take the coins home and be able to buy lots and lots of pretty dolls and she would make doll houses and play with them.

But then the voice of her mother suddenly spoke to her from inside her head. Her mother had often told her, "Even if you find a castle full of gold, you must not take it, for it is considered stealing." Tanisha stopped and thought for a while and then leaving the bag of gold wherever it was, reluctantly retraced her steps. Suddenly there was golden light in the dark cave and she heard a gentle voice saying, "Tanisha, stop". She turned around and saw a fairy with enormous wings and a crown made of pine needles. Tanisha was too surprised to speak.

The fairy spoke, "My name is Juniper and I am the guardian of this forest. My spirit rests in the pine tree you talked to". She continued, "This was a test for you and you passed. Others would have taken the gold, but you were honest. Therefore, I will reward you by granting one of your wishes".

Tanisha, overcome with emotions of happiness and relief, said, "Take me home!"

The fairy smiled and clicked her fingers. Tanisha was engulfed in swirls of flowers and the next moment she found herself inside her mother's room, in front of the familiar bed. Her mother came up from behind and hugged her tightly, asking her where she had been, all this while. Tanisha simply said, "I was stuck in an Enchanted Forest and it was because of you that I was rescued".

Her mother didn't ask any further questions and just hugged her daughter tightly.



Ms Tanisha Kakkar
D/o Gp Capt Rajiv Kakkar
20 Wing AF





यह प्यारा स्कूल

यह मेरा प्यारा स्कूल
नहीं सकती मैं इसको भूल
माँ ने मुझको जन्म दिया
और दिया ढेर सारा प्यार
स्कूल ने मेरा ज्ञान बढ़ाकर
मेरा जीवन दिया संवार
खूब खेलो और पढ़ो तुम
कहती यह हमारी टीचर

बड़े होकर प्रण तुम करना
देश की सेवा करेंगे मिलकर
कोई वकील कोई देश का नेता
कोई डॉक्टर, इंजीनियर होगा
भारत विश्व में बनेगा अव्वल
हर कोई जब शिक्षित होगा
यह मेरा प्यारा स्कूल
नहीं सकती मैं इसको भूल



सुश्री हंशिका शर्मा
पुत्री एन. सी. (ई) मनीश
वायु सेना मुख्यालय वायु भवन





AM I SO BAD, MAMMA?

(An eye opener On Emotional Abuse based on a real-life incident)

"Come on get up Rahul, you lazy bones. You just keep snoring like a pig. Huh! You will not achieve anything in life like this, you are a failure and will remain so". These were the regular words which Rahul had to hear every morning, as he woke up.

And when he responded with, "Yes Mama getting up", again, a set of angry words were showered on him, comparing him with his elder brother, who was up and ready for school. This gave Tarun a chance to tease his younger brother for his laziness and low academic scores.

The start of the day was so de-motivating that Rahul would lose all interest in going to school, but he knew that if he stayed back he would have to listen to his mother's badgering the whole day.

In the evening the role of abusing and scolding shifted from Mama to Papa. The scene on the study table was the same every day. The ongoing repetitive insults like, "You don't know this also brain full of trash ... I work hard to give you all the comfort of life, but you don't want to work hard even to pass, shame on you.... you are in the 9th standard and your brain is like a 1st standard boy". "What do you do in school, you will be a failure always". "You will have to sell vegetables or beg to fill your stomach".

For every small lapse of his, he had to listen to these heartbreaking criticizing words, from his parents and also the people who visited them. He was tired of comparisons all the time. He knew that he was not a very bright boy, but he did try his best. He made many efforts to earn a word of appreciation from his parents, but it never happened.

Rohini and Atul never felt that they were doing anything wrong. They thought that they just scolded their children, but never hit them, which was a satisfying thing for them. But they never realized that their constant pricking and heart breaking words, were far worse than hitting or slapping.

Rahul had been listening to all this, since he was a small boy, perhaps since the age of 6 or 7. Initially he would forget all that was said, but now he was growing up and it did hurt him a lot. He started becoming quiet and preferred to stay alone. His performance in school deteriorated even more.

Today, Rahul was nowhere to be seen, Tarun was back from school but he hadn't seen Rahul in school nor on his way back. He thought he must have come back early, but his mother said, that he was not back from school. Both of them went to school to inquire about him, but the teachers said that he had left long ago. They were soon worried. Rohini came home and called up Atul to tell him about Rahul but, Atul replied casually, "Don't worry, he will be back, where will that useless boy go".

But Rohini was now getting scared, she went to his room and saw a note book open on the table, with something written in Rahuls' crooked handwriting, "Mama I don't want to sell vegetables or beg on the roadside, as that will bring shame to you and Papa. I have been convinced by you and papa that I am a "good for nothing". I don't want you and Papa to get troubled anymore because of me, therefore I am going away from your lives, but want to tell you that I love all of you very much though you love only bhaiya. Mama, am I so bad?!" And he was gone, gone forever...

As parents, we often use demoralizing and criticizing words with our children, not understanding their state of mind or weakness. We all want perfect and successful sons and daughters and for that we become very harsh and at times cruel too. Emotional abuse is more hurting and damaging, than physical abuse because it affects the soft heart of our children. If we can't speak sweetly all the time, we should try to be at least neutral. Emotional abuse robs away the self-confidence, self-esteem, motivation and destroys the soul. The child gets confused with her/his own feeling in a particular situation. The role of parents in a child's life is very important in building a balanced personality and leading a happy and satisfying life.



All children are different and unique, so every child should be given unique treatment and dealt with, differently. The impact of the parent's behavior and views can be different for different children. Some children might get violent and revolt and some might end up shutting

themselves in order to express their frustration and distress. Thus, the impact of parents' behaviour plays a major role in a child's psyche.

Try to be balanced parents, always mind the quality of words and phrases you are using for your children. Love them unconditionally, for what they are!!

Mrs Dipti Pandey (Counsellor)
W/o Wg Cdr S Pandey
HQ EAC IAF





I remember our school sports day
Where we all went out to race
I remember jumping in a sack
And falling on my face
I remember someone calling out
'Next race is starting soon'
I remember running down the field
With a stupid egg and spoon
I remember coloured sashes
And I wore the colour green
I remember what we won that day
Wasn't easy to be seen.
I remember looking at the score
We were still at the beginning
I remember what our teacher said
It's the taking part not the winning.



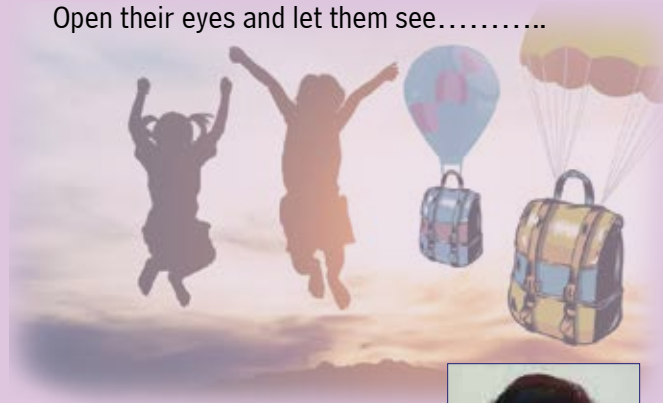
Ms Akanksha Yadav
D/o JWO KP Yadav
13 BRD AF



Changes in Education



It's supposed to be fun, not a burden to bear,
It's supposed to be friendly, and very very dear,
We have came a long way, now its all about competition,
We forget the lost childhoods, which has no substitution,
Education is everything but not education,
Its not about knowledge, its all about felicitations,
Earlier we used to go and learn the gist of life,
Now its all about the race, and to cut the queue with a knife
Pressure and pressure, is all thats piling up,
Nobody sees the picture, its actually a spilling cup,
Bags are getting heavier, learning is getting shrunk,
Development should be as a person, unlike a loaded trunk,
Break the cramping claws, as early as you can,
Stop the plethora of pain, make a rescue plan,
Let them learn and live their dreams,
Coachings are killing, listen their screams,
Give them time to play and cherish,
They are fresh like clay don't let them perish,
Education is always how it was meant to be,
Open their eyes and let them see.....



Mrs Sunita Dhiman
W/o MWO SK Dhiman
46 Wing AF





Nomadic Childhood

*'One of the luckiest things that can happen to you in life is,
I think, to have a happy childhood.'*

- Agatha Christie

Childhood is said to be the most enjoyable part of life. Childhood escapades remain imprinted in the mind as happy memories, even after we grow up. School days are an essential part of any person's childhood memories and school friends form an integral part of it. We share benches and lunches with our school friends, indulge in small adventures and undertake punishments together. The friendships start in kindergarten, flourish with time as one jumps from grade to grade and finally stay with a person as the most beautiful memories of childhood. As truly said by Lisa Whelchel, "There's something about childhood friends that you just can't replace".

But things are not so simple for us, the wards of Air Force Warriors. Most dominant feature of our childhood is change of schools. By the time we are settled in one school, make friends and carve a niche for ourselves, posting signal arrives and it is time to move on. This is not conducive for steady friendships and we are not able to make any 'chuddy-buddy yaars'.

In the new set up, it is again hard work for us. We try to settle down in the new school, take initiative to connect with people i.e. students as well as teachers. This takes a lot of effort and energy as we often feel like outsiders in the new school. Other kids are generally not ready to include us in their friend-circle. It is not easy to penetrate already existing friendships

and earn a few friends for oneself. We end up getting neglected.

Coping up with studies also becomes another major challenge, especially when you shift schools in the middle of a session. You juggle between taking notes, working through the syllabus that has already been covered in the class and trying to make a mark for yourself, so as to be considered as a good student.

As every cloud has a silver lining, there are positive aspects of our experiences as well. We get to know about the cultures of different states. We do make new friends and create new memories. We learn to struggle and survive in ever changing scenarios in our lives. This has its own psychological implications. We become emotionally strong and are able to adapt quickly to new situations. Louisa May Alcott writes in her famous book 'Little Women', "I am not afraid of storms, for I am learning how to sail my ship". This holds true for us, Air Force kids. In our childhood days, change of places, schools, neighbours and friends is like weathering a small storm and we somehow manage to sail our ships.

Ms Tanvi Vaidya
D/o Gp Capt T. S. Vaidya
47 Sqn AF



The Magical Flute



Once upon a time, in a small town of India, there lived a girl called Rita. She was a lovely girl and was favourite among her friends. One day, as she was sitting on a bench in the town garden and playing with her dolls, she saw a flute lying nearby on the grass. She found it interesting and picked it up. It was not an ordinary flute, it was magical. But Rita didn't know this.

It was a very warm day and Rita started to feel uncomfortably hot. She thought how nice it would be to have a glass of cool Sherbet. Without realizing, she said these words aloud and there was a big flash right next to her and wow...there was a big glass of cool and delicious looking sherbet. She was really surprised. She drank the sherbet and took the flute home.



She told about this incident to her parents. At first, they didn't believe her. But as she showed them the tricks of the magical flute, they were awestruck. News of the magical flute spread over the town and finally reached the king. He was a very cruel and greedy person and became jealous of Rita. He wanted the magical flute for himself.

He ordered his guards to bring Rita and her magical flute to him. King ordered the flute to give him heaps of gold and precious gems. But to everyone's surprise, the flute did not give anything. The King was very angry. He said "How dare your flute disobey me!"

Guards! Throw this girl and her flute in the dungeon!" Rita and her magical flute were thrown into the dungeon. She was very scared and started to cry.

The guard who was watching over the dungeon was her father's good friend. He took pity on her and left the door open at night for Rita to escape. Rita ran and kept running till she reached home. She understood the dangers associated with magical flute and decided to bury it. By now the King realized that the flute would fulfill his wishes only if Rita asks them. He ordered the guards to bring Rita. When he got to know about her escape, he was furious.

King's guards started searching for Rita everywhere and soon caught her again. She was brought before the king, who told her to ask for gold and gems from the flute. Rita asked the flute to erase cruelty and greed from the King's heart and also to transport her to the river bank. Next moment, she was standing near the river. Rita threw the flute in the river.

She had learnt a very important lesson of life. She realized that it was always better to work hard to get things. Easy paths can lead to very dangerous outcomes.

Ms Avani Vaidya
D/o Gp Capt T. S. Vaidya
47 Sqn AF



A STAR

A star is there,
 In a dark sky.
 A star is there,
 On a lonely night.
 It twinkles,
 And gives us light.
 It smiles,
 And makes us bright.
 It shows us the way,
 In a never ending maze.
 It helps us out,
 Even in the hardest phase.
 That's why I say,
 A star is not just a shining dot.
 Because to me,
 It means more than a lot.

Ms Ishana Adikary
 D/o Gp Capt S Adikary
 MTI, AF Stn Tambaram



AN AIR WARRIOR'S BRAT

Being an Air warrior's brat, not an easy thing to boast about
 Changing 10 schools, stations and houses
 We know how it all works
 About 1000 friends to boast about,
 10,000 stories to share;
 We the air warriors' brats have seen missiles shoot
 And fighter planes attack;
 There's no hometown we belong to
 And our friends are everywhere
 Travel has taught us to be open,
 find brotherhood in all men;
 We the air warriors' brats know how to face
 Catastrophe, quandary or mess;
 Patriotism is in our veins no matter what the State
 New languages we get to learn, new customs we encourage
 To be at home is anywhere, is what we have learnt
 To love and respect mankind is our sole duty;
 Black outs and screen outs we've seen
 Not a big thing to worry about,
 Guns and rifles never gave us fear,
 It's the uncertainty of tomorrow that we fear
 But, we the air warriors' brats have still not figured out
 where we head tomorrow
 Still exuberant about our next journey...

Ms Megha M.Nair : X A
 D/o Wg Cdr AR Murlidharan
 Air Force Station Thane



A Beautiful Mind



I am an autism Mom, whose child has a beautiful mind.
 He might be odd, but we will never give up on him.
 Sometimes I feel lonely with the people's comments
 and stares
 But my child, your Smile makes my day and that is
 what, at the end of the day,
 I care
 For you, I am not just your Mom...I am your cheer
 leader, therapist who will never walk out the door
 I have seen you not being able to wear your clothes,
 So I will bend and help you
 I have seen you not being able to say I Love you,
 So I will say it for both of us, I Love you till the end of
 the times and beyond
 He is a child who is misunderstood but he is unique just
 like all Kids are....
 With a Beautiful mind

Mrs Deepika
 W/o Sqn Ldr Manish
 3 Wing AF



EXAM FEVER

In the morning when the clock struck four,
 I got up with a big roar,
 Study, study, study was the hobby,
 No one was allowed to run in the lobby,

The clock struck one in the night,
 I was still on the table holding my books tight,
 Sleep trying to get into my eyes,
 I fought by telling my self lies.

The day came and I got ready,
 To show everyone that I did nothing else but study,
 I wrote and wrote,
 Until my hands got sore,

I got back home with a smile,
 And told myself that everything was fine,
 In a few minutes my friends stopped by,
 And I vanished saying to those exams, bye bye!

Ms Jui Deorankar
 D/o Gp Capt PW Deorankar
 AF Stn Chabua



I Adopted a Stray And ...

This story starts in the month of June 2016. We used to stay in Delhi at that time. One day a small mongrel puppy followed me home from the park. Poor fellow was a bag of bones. Must have been about a month or so old. He was very thin and seemed to be hungry. We gave him some milk mixed with biscuits. The pup appeared to have not eaten for days. He lapped up the whole milk in a few seconds and looked at me with his large brown eyes, as if to smile and thank me. His little tail wagged continuously. From that day onwards it became a daily ritual and he used to come and wait outside our house. We would leave some food in his bowl and he would eat and go.

In a few days' time the pup got a little healthier. We named him Daisy, and although a female name, he seemed to wag his tail every time we called him Daisy. He used to follow me wherever I went. He used to wait for me outside the park or a friend's house and then he would follow me back home. As if he wanted to make sure I got home safe. He used to follow me to the bus stop when I would go to school and would be waiting at the bus stop when I got back home. The bond between me and Daisy got stronger and stronger. He was very friendly with all my friends too. My father took him to the vet and got him vaccinated too. In the cold months of Delhi winter, I made a small home for him on the veranda. I put a carton with blankets inside to keep him warm. He wore a Christmas cap for Christmas. I



put a little colour on him for Holi, and he never felt scared of the crackers during Diwali too.

Then came the time when we were to be posted to a different city. I didn't want to go without Daisy. He seemed to have somewhat understood that something was happening when he saw all the trunks and cartons in the house and didn't want to eat his meals. My parents in the last one year had also got attached to Daisy. Finally my father decided that we will take Daisy along with us to Hyderabad and so, Daisy has become Daisy Karulkar ever since.

He has moved to three cities in these 3 years that he has been with us. When he sees the packing trunks and cartons out, he is happy as now he knows he will move again to a new place, start a new journey and it's a new experience for him as well. So this is my story of a little stray mongrel who crept into our hearts and became an inseparable family member for life. The joy and companionship that he gives me cannot be compared to anything in the world. I tie a Rakhi to my brother of four legs. He is my best friend.

Ms Shreya Karulkar
D/o Gp Capt AN Karulkar
FIS, AF Stn Tambaram





Digital Detox

It was the late 90s. I was very happy because we were going on a summer vacation to our maternal uncle's house, approximately 250kms away from ours. My sisters and I used to eagerly wait for this time of the year to meet our cousins. We used to spend time playing, going around their village, telling stories, etc. There was nothing special we did, but still I remember each and every one of those moments.

I also remember how we used to finish off our homework by Saturday evening, so that we could have a free Sunday, with TV shows lined up, Duck Tales, Mowgli, Shaktiman. There were those colourful story books and comics which used to capture our imagination. Those were the times when to be socially active meant to meet people in person and have a chit chat over coffee but things have changed rapidly in the last few decades.

Now when I look back, I wonder if this was the life I wanted? After picking up a job, then getting married, staying thousands of miles away from my parents and sisters, I realised childhood was the best time when we all used to stay together. Today technology has bridged the gap or the distance between places and people. Ours is a generation which got to see a revolution with the advancements in technology. From landlines to wireless to mobile phones, from black and white Doordarshan to thousand trending channels, from handwritten letters to email to WhatsApp-it is now possible to see a person while talking to him/her

through a video call which was actually a dream for me, when I was a child. Now even our beloved story books and comics are replaced by Kindle and tabs.

Facebook, Instagram, Twitter, My Space, LinkedIn, Snapchat, WhatsApp have given a platform for people to interact with anyone on the web. No doubt, the evolution in Social Networking has brought the world very close to each other but are we using it responsibly? The whole idea of the network was to connect people but now it has become a medium to show off our lifestyles. The question which arises is, how many genuine friends do we have on any Social network? How much time do we spend on the mobile in a day? Many of you will agree, once you wake up in the morning, the first thing you see is your mobile, messages on WhatsApp, Facebook posts. Is it becoming an addiction? Along with us are we introducing our kids to a boon or bane?

People spend more than usual hours on social networking sites to download pictures, browse through updates, seek entertainment and chat with friends to keep themselves connected to one another. These sites are an addiction for the youth so they find it difficult to concentrate on their work or studies and prefer logging in and jumping from one site to another. Communication disorders are seen in people who are very active on social media and they are unable to express themselves in person. We search the internet for every little thing for instant consumption, as a result we are not using our own thoughts and imaginations.

It's good that the internet is so helpful and has turned up as the biggest gift to this generation but is it safe? Are we not compromising our security through this? We all are part of this trending cross media but we shouldn't forget that we are also part of a prestigious organization, the IAF. Being a family to the warriors who fight for the safety of the nation, we too have some responsibility that we don't bring any

hazards to our lives through those windows which are open to the entire world called "Internet".

Let's peep into the practices which can help us use web giants more responsibly. First and foremost we should know that the internet is an open platform for the entire world, we can't restrict access to anyone. What we can do is, we can restrict ourselves by not making us too visible to the world. How are we visible to the world? There are thousands of websites available on the internet which we access through our mobiles, laptops, tabs, etc. for surfing, downloading movies, music and a lot more things on day to day basis. But do we actually know the origin of these sites? The servers or databases of a number of these sites are located in different countries like Pakistan and China. The moment we enter these servers for downloading data, songs, movies they can access our personal devices and consequently all our personal data. Images not meant to be shared on public become accessible to them too. So unknowingly we put us as well as our country in danger.

That doesn't mean that we have to keep ourselves away from all social media but we have to learn to use them in a smarter way. Few things to keep in mind. Firstly, is not to access websites whose origin is unknown or which asks us to allow location access, cookie access or any kind of permission. While posting anything on Facebook, WhatsApp, Twitter, etc we can maintain custom privacy settings, we don't need to make our profiles public.

The most important and the safest way to secure our personal data is to keep them in devices which don't need to use direct internet and stop sharing information which is not required. Avoid joining unnecessary groups, making unknown friends, disclosing yours and your husband's unit locations, designations or any work related disclosures to the outside world. Stop clicking pictures in restricted official areas. Don't share pictures of your spouse in uniform on media platforms. Do not post pictures of you attending any AFWWA meetings, medical camps, awareness drives inside an Air Force Station on social media. Last but not the least, stop using few infectious video apps like TikTok and Musically. Recently, there was an advisory not to use them as these are Chinese based apps with headquarters in China and once you install them in your mobile then your mobiles may be compromised.



Educating our children and our family members about these dos and don'ts is the only way to protect ourselves as well as our Nation.

There is a saying that "you are never too small to make a change" so bring the change, educate yourself and your family to be socially active but handle smart devices in a smarter way. So, what say, are you on a Facebook Diet? Then it's time to DETOX yourself.

Mrs Koustuva Panda
W/o Flt Lt AK Panda
47 Wing AF

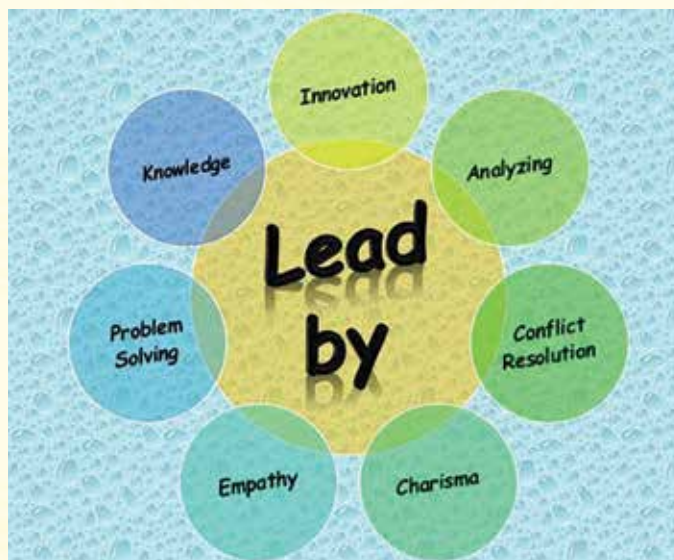


Lead Without Title (LWT) Philosophy

LWT is a transformational philosophy for work and life that anyone, of any age, from any place in any country in the world right now can apply to unleash their "inner leader" and experience awesome results within minutes. We all have a natural power to lead that has nothing to do with a big title, or how

old we are, or where we live. LWT stands for "Lead Without Title". Titles do bring power, but the problem with the type of power they bring is that if the title gets taken away, the power gets lost. "The power that comes with being Registrar of any university, for example, only lasts as long as the person has the title 'Registrar'. If it's taken away, all the power that was associated with it goes out of the door with it." There is a much deeper power than titled power and that's the natural leadership power that lives within each of us by the simple fact that we are human beings. No one is unimportant. Every person and every job matters, and all work can be made meaningful with the 'Lead Without a Title' philosophy.

Robin Sharma in his book, "The Leader Who Had No Title" suggests that one can be a leader without a title and tries to identify the ingredients that make this happen. He identifies five rules that will help one remember that "You Need No Title to Be a Leader", by the acronym "IMAGE". These five letters stand for



the elusive algorithm of leadership.

The I in IMAGE will remind you about the importance of Innovation. The clearest way to define innovation is, it's about making this day better than yesterday. Dream big yet start small. That's the key. And start now, exactly where you are at. Small daily

improvements over time lead to stunning results.

The M in the IMAGE stands for Mastery. Committing yourself to mastery at what you do, mastery at your craft- whether your craft is selling staplers or educating children or taking care of your family-is the only standard to operate under in these changing times. The comedian Steve Martin said it very well indeed when he advised, 'Be so good in what you do that people cannot ignore you'.

The A in IMAGE stands for Authenticity. One can easily understand the meaning of authenticity by the words of Dr. Seuss: "Be who you are and say what you feel because those who mind don't matter and those who matter don't mind." And that's what authenticity is all about because leadership has a lot to do with believing in yourself when no one else believes in you.

The G simply stands for the need to have Guts in business or in any type of work you do. You need no



title to be a leader, but you do need to have huge toughness and big guts. To lead without title, you will have to be unrealistically persistent and wildly courageous.

The E in IMAGE stands for Ethics. Leadership success lies at the intersection where excellence meets honour. It is very important to be honest, staying on time, and treating people the way we want to be treated.

Someone has very nicely said that "How well you make your sheets determines how well you will sleep in your bed." Nothing is more important in work than staying consistent with your values and reputation. Please carry with you the LWT Philosophy. Everyone can lead. And it all begins with you and the choices you have the power to make.

The beautiful words said by Dr Martin Luther King Jr: "If a man is called to be a street sweeper, he should sweep the street as Michelangelo painted or Beethoven composed music, or Shakespeare poetry. He should sweep so well that all of heaven and earth will pause to say, "Here lived a great street sweeper who did his job well."

**Leadership's not a title.
It's a behavior.
Live it.**

Dr. Vaishali Phatak Londhe
W/o Sqn Ldr Milind Londhe
2406 Sqn C/o 10 Wing AF



Preparing your child for school

Kindergarten marks the start of a child's formal education. A child's first school experiences can influence the way he or she relates to others for the rest of their life. For example, success or failure at this stage can affect a child's well-being, self-esteem and motivation. As a result, it is important to make sure that when your child begins school, he or she is mentally ready to learn and participate in classroom activities.

When trying to determine if your child is ready for kindergarten, don't worry about whether or not he or she has mastered specific skills. Instead, consider his or her readiness to learn. How well is your child able to communicate and listen? Is your child able to get along with other children and adults? Use your own intuition as a parent.

"How can I help my child succeed in kindergarten?" This is a question that bothers many parents.

You can take many steps to help your child prepare for kindergarten.



Keep your child healthy. Ensure that your child eats healthy foods, gets plenty of sleep and visits the doctor on a regular basis. Before the start of kindergarten, make sure the child has had a recent physical exam and is up to date on immunizations.

Develop a routine. Choose regular times for your child to eat, play and sleep each day. This will help your child to understand what to expect and what's expected from him or her.

Encourage the development of basic skills. Work with your child to help him or her recognize letters, numbers, colours and shapes.

Read, recite and play games with your child. Make reading a daily family activity. Rhyming and playing with your child are also important for his or her development.

Expose your child to new learning experiences. Look for opportunities to broaden your child's horizons, such as joining them in a preschool. You can also take your child to museums in the community or take them to art and science programs.

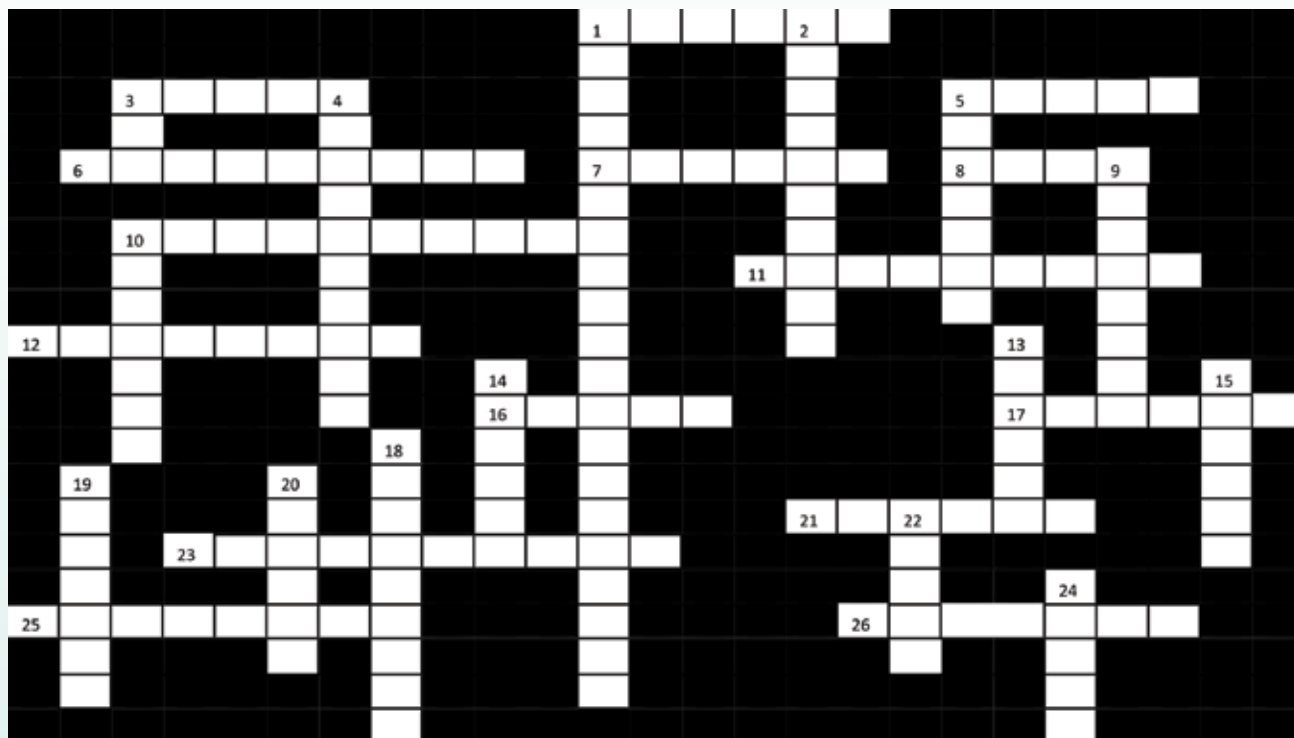
Encourage socializing. Promote your child's social development by signing him or her up for group activities and inviting their friends to go on group outings. Encourage your child to share and express his or her feelings. Practice this by taking turns and making your child follow simple directions.

Talk about kindergarten. Build enthusiasm and lessen anxiety by explaining what their routine might be like in kindergarten. Before school begins, take him or her to the school and, if possible, check out the classroom. Get your child involved in shopping for school. This will ensure a sense of participation in your child and will also help him to adjust faster, as a student.

Mrs Shruti Rattan
W/o Gp Capt S Rattan
25 ED AF



Crossword: How well do you know our Blues?



Clues

ACROSS

1. Transit Halt of Indian Soldiers Enroute (6)
3. Air Force wives have their own organisation (5)
5. LCA which is Made in India (5)
6. AFWWA KI MALA....OUR DEAR SONG (9)
7. Where we park our planes (6)
8. Where's the party tonight ?
10. Marshal of the Air Force (5,5)
11. Rifles are toys for us (5,4)
12. Garud Force
16. Birds of prey and trainer aircraft (5)
17. Planes take off and land here (6)
21. An optical phenomenon and a fighter plane (6)
23. Bringing down our galaxy to earth (10)
25. The Iron Village (8)
26. Better half of an Air Warrior (7)

DOWN

1. Our inspiring motto (5,3,3,4,5,)
2. Ray of sunlight performs aerobatics (10)
3. Cradle of Inspired leadership (3)
4. Greet a brave pilot (10)
5. The number game we all love (7)
9. Sierra Quebec November, our hearts are here (8)
10. An Air Force Station connected to... and Eve (7)
13. Some Helicopters dance like Peacock(6)
14. Heavy lift transport fleet of IAF (6)
15. Heavy lift transport fleet of IAF (6)
18. A station in clothes of mountain tribes (9)
19. First Indian Chief of IAF (7)
20. Founder of AFWWA (3,3)
22. A helping hand in Uttarakhand (5)
24. Active combat airbases are also called (5)



Pre-Conception Health

Pre-conception health is a term that describes the health status of a woman before she becomes pregnant. There are a variety of health conditions and risk factors that could affect a woman or her unborn baby during pregnancy. For example, some food habits, medicines and health problems such as diabetes, anaemia and thyroid can affect pregnancy.

It is important to understand as to why preconception health matters. Statistically, about half of all pregnancies, are not planned. Unplanned pregnancies in our country are usually at a greater risk of pre-birth and low birth weight babies. Despite important advances in medicine and prenatal care, about one in eight babies is born premature. Experts therefore agree that women need to be in the healthiest possible state before becoming pregnant. By resolving any existing health and disease-related issues before pregnancy, you can prevent problems that might affect you or your baby later.

Some important measures to boost the state of one's pre-conception health are:-

- Talk to the doctor about any over the counter and prescription medicines that are being used.
- Take folic acid supplement every day to lower the risk of some birth defects. Talk to your

doctor about folic acid needs, which is to be started at least one and half month before conception.

- Stop smoking and drinking alcohol.
- Some medical conditions such as diabetes, asthma, obesity, epilepsy etc can affect pregnancy. Consult your doctor before conception and be sure it is under control.
- Avoid contact with toxic substances or material that could cause poisoning.

It is important to talk to your doctor before you decide to have a child. Pre-conception care can improve chances of getting pregnant, having a healthy pregnancy and a healthy baby. Pre-conception care should begin at least three months before you get pregnant. But some women may need more time to get their bodies ready for pregnancy. Factors that a doctor would usually consider in such cases are: form of family planning being used, prescription for folic acid, Pap smear test and screening for sexually transmitted diseases including HIV. The doctor would also determine past medical history and form an overall picture to determine tendencies towards high blood pressure, thyroid disorders, obesity, depression and asthma.

Your partner's role in preparing you for pregnancy is very important. Your partner can do a lot to support



and encourage you in every aspect of pregnancy. These are some ways.

- Make the decision about pregnancy together. When both partners are ready for pregnancy, a woman is more likely to get early prenatal care and avoid risky habits such as smoking and drinking alcohol.
- Screening and treating for sexually transmitted diseases can help to ensure that these infections are not passed on to the female partner.
- Male partner can improve their own reproductive health and overall health by limiting alcohol, quitting smoking and other forms of drug abuse.
- Your partner should also talk to his doctor about his own health and of any medicines he uses.

Genetic Counselling. Talk to your doctor about yours and your partner's family health histories before planning pregnancy. Some reasons why a couple might need genetic counselling are:

- A Family history of genetic condition, birth defect, chromosomal disorder or cancer.
- Two or more pregnancy losses.

- A Child with a non-inherited disorder, birth defect or intellectual disability.
- A woman who is planning to become pregnant at 35 years of age or above.
- People related by blood, who want to have children together.

In conclusion, couples should plan ahead for the pregnancy and consult regularly with the doctor. Avoiding all the usual risk factors and maintaining good health for the woman, as well as her partner, is important to have a healthy baby. In addition, getting genetic counselling will ensure that the baby has less chances of inheriting genetic disorders from parents.

Flt Lt Shubhra Tiwari
LMO, 20 Wing AF



Lead a Better Life

*“A man is but the product of his thoughts,
what he thinks, he becomes.”*

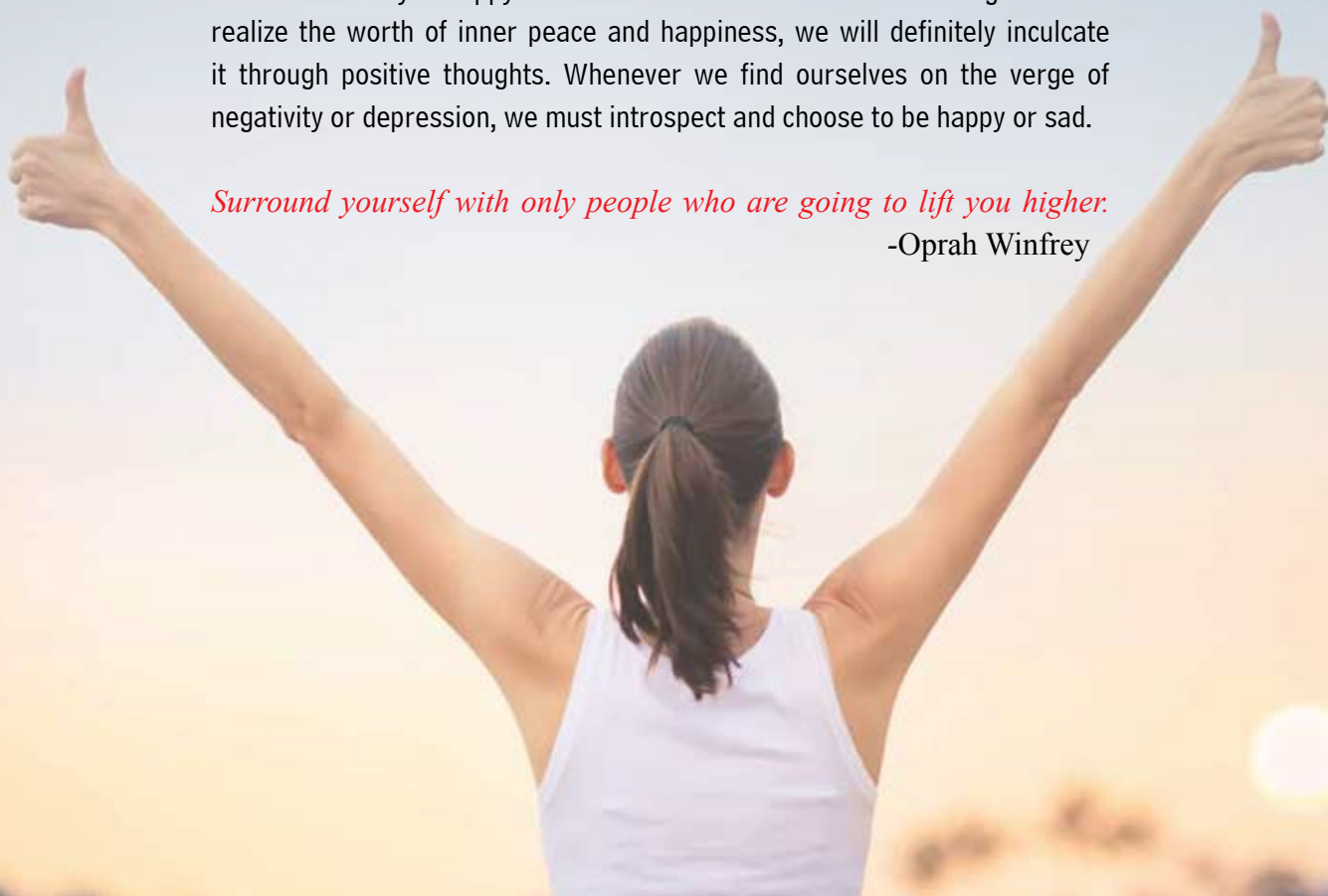
Gandhi

The tendency to be cynical is easy but it can lead to negativity, unhappiness and even depression. We can avoid falling into this trap, by following some simple suggestions. These will help us to overcome the internal chaos caused by negativity and have a completely new and fresh perspective of life.

Do Not Entertain Discouraging Thoughts. Generally we carry negative thoughts unknowingly. Often, negativity appears because we do not set ourselves free from such thoughts and the mind sticks to these thoughts due to lack of confidence or an injured ego. We can eliminate this negativity by making a conscious effort to be firm and stay away from demoralizing thoughts and pessimism.

Look into The Mirror: Happy or Not? Negative mindset is solely our choice and no one else can impose it on us. Choosing to be negative means we choose to be consciously unhappy and we become victims of our own thoughts. If we realize the worth of inner peace and happiness, we will definitely inculcate it through positive thoughts. Whenever we find ourselves on the verge of negativity or depression, we must introspect and choose to be happy or sad.

Surround yourself with only people who are going to lift you higher.
-Oprah Winfrey



Be with Positive People. Being with positive people can be the easiest way to get a mood-upliftment and growth in life. Positive and cheerful people can fill the environment around us with optimism and their liveliness removes the negativity surrounding us. Keeping ourselves engaged in positive activities also helps us to remain positive. This is a very powerful way to overcome a depressed state of mind.

Meditation helps. By controlling our thoughts we can control the experiences of our lives. It is an art which can easily be learnt and adopted in our routine. We can learn it through meditation. Meditation not only relaxes our mind but also changes our awareness. It helps us to discover the hidden source of happiness. Meditation also brings peace of mind which automatically helps us to let go of negative thoughts.

"Live your life from your heart. Share from your heart. And your story will touch and heal people's souls." - Melody Beattie

Let the Heart Lead. By nature, human brain is suspicious and critical. If there are 99 good things and 1 bad thing about something or someone, the human mind undoubtedly remembers the one bad thing. To find faults in others is easy and if we allow ourselves to point out the mistakes of others we are surely surrendering to the negative mindset. Nonetheless if we are ruled by our heart the same fault would seem insignificant. The feeling of oneness comes from the heart which helps us to see the positive side in others.

"The harder I work, the luckier I get."

- Samuel Goldwyn

Be Active. Hard work and activity always brings good luck into our lives. Constantly thinking about our worries, bad luck or fear will not help us in finding solutions. Lack of purpose is another reason for negative emotions. Instead of endless internet surfing, watching television, or such, we should do something good and purposeful in life.

Always Think Positive. We should always look for positive possibilities. Turn your frustration into positive and effective determination. Sometimes, when we are feeling low or miserable and losing our self-confidence we should remind ourselves of 3 good and fruitful things we have done in our past. Keeping those good things in mind makes the heart happy.

Don't Think Anything You Wouldn't Say in Front of People. It is very common with all of us to keep thinking things which we would never say or do in front of people. We must avoid that. Positive thinking makes us feel positive. So, don't think negative. Whenever any negative thought comes to your mind, just don't let it stay. Fill the mind and heart with positivity to kick the negativity out of life.

By following these simple steps, we can bring tremendous change in our quality of life. With positive thinking and behavior we can change impossible into possible.

Mrs Richa Upadhyay
W/o Wg Cdr Anshuman
28 ED AF



cnfy, ikuh d Áfr viuk jo;k



बदलते मौसम, बदलते परिवेश, बदलते आयाम....जीवन का नाम है चलना और बदलना। पर जब कोई परिवर्तन एक ऐसी स्थिति ले कर आये जिससे हमारा अस्तित्व ही खतरे में पड़ जाए तो चिंतित होना स्वाभाविक है। ऐसा ही कुछ हो रहा है हमारे वातावरण के साथ। बेहिसाब शहरीकरण, कटते वृक्ष, बढ़ती आबादी और सबसे अधिक हमारी लापरवाही और लालच से हमारे आसपास के प्राकृतिक साधनों को जो नुकसान पहुँच रहा है उसका असर हम सब पर पड़ रहा है।

कहते हैं जल ही जीवन है। सिर पर गगरी रखे दूर दराज से पानी लेकर आती महिलाओं के चित्र आपने देखे होंगे। सार्वजनिक नलों के पास रखे प्लास्टिक के अनेक तरह के डिब्बों की लम्बी कतार और सूखे से ग्रस्त खेतों में पड़ी दराओं की तसवीरें विचलित कर देती हैं। यह सब इस गंभीर परिवर्तन की ओर इशारा करती हैं कि हमारे जल स्रोतों पर गहरा संकट आया है। हमारे देश में वैसे तो अनेक नदियाँ हैं पर प्रदूषण और पर्यावरण में बदलाव के कारण इनमें पानी कम हो रहा है। दूसरी गंभीर समस्या है ज़मीन के नीचे पानी का घटता स्तर। नतीजतन गाँव के कुएं सूख रहे हैं। शहर में बोरवेल में भी पानी मुश्किल से मिलता है। कई इलाकों में पानी बिलकुल ही खत्म हो गया है। ऐसे में एक सजग और ज़िम्मेदार नागरिक के रूप में पानी को किफायत से इस्तेमाल करना और पानी का संरक्षण करना हम सबका कर्तव्य है।

आइए हम सब अकेले और सामूहिक रूप से अपने वातावरण को बदलें। अपने रहन-सहन में कुछ तब्दीलियां लाएं जिससे हमारे जल संसाधन में भी एक सकारात्मक बदलाव आए। सरकार और उसके महकमे अपना काम करें और हम सब आम नागरिक अपने स्तर पर अपना उत्तरदायित्व निभाएं तो स्थिति में परिवर्तन नामुमकिन नहीं है।

अपने घरों में जब हम पानी का उपयोग करें तो इन बातों का ख्याल अवश्य रखें:

- सवेरे उठकर टूथ ब्रश करना सबकी दिनचर्या है। अरररररे यह क्या नल खुला है, पानी बह रहा है और आप आधी नींद में दांतों को ब्रश करते ही जा रहे हैं। नल बंद करें, मग में पानी रखें। जल की बचत करें। शेव करने वालों के लिए भी यही सही तरीका है।
- शावर से नहाना कितना सुखदायक है। पर तौबा पानी इतना खर्च होता है ! बाल्टी भरें और नहाएं। शावर ही लेना है तो नीचे बाल्टी रख दें। पानी नाली में बहने से अच्छा है पौधों में डाल दें। या पलश के लिए इस्तेमाल करें।
- ओफ़ो!! सब फ्रिज से पानी तो पी लेते हैं पर बोतल भर कर कोई नहीं रखता! फ्रिज में पानी भर कर बोतलें रखनी है। नल खुला है, आप एक-एक बोतल भर कर फ्रिज में रख रही हैं और उधर पानी बहता जा रहा है। बुद्धिमानी है कि पहले सब बोतलें भर लें फिर फ्रिज में रखें।
- अब हाथ से कपड़े धोने का ज़माना नहीं रहा। पर वाशिंग मशीन में भी कपड़े डालें तो कोशिश करें कि मशीन भर जाए। आखिर आप दो कपड़ा धोएं या फुल लोड पानी उतना ही लगना है। बचत करें, छोटे-मोटे कपड़े हाथ से धोएं और वाशिंग मशीन को उसकी पूरी क्षमता पर ही प्रयोग करें।
- आर.ओ. लगा है पर देखिये ज़रा कितना पानी बर्बाद हो रहा है। उस पानी को इकट्ठा करें और उससे बर्तन धोएं, या पेड़-पौधों में डालें।
- नाश्ते में उबले अंडे हों या आलू का परांठा, शौक से खाइए पर जिस पानी में अण्डों या आलू को उबाला है उसे फेंकिए मत। ठंडा करें और गमलों में डाल दें। पौधों को इससे पानी के साथ कुछ पौष्टिक तत्व भी मिल जाते हैं। यही सलाह सब्ज़ी या दाल-चावल धोने वाले पानी के लिए भी है। आम के आम और गुठलियों के दाम।
- जो लोग नए घर बनवा रहे हैं वह वॉश बेसिन का निकास अपने टॉयलेट के पलश टैंक से जोड़ सकते हैं। अगर आपकी वाशिंग मशीन का ऑउटलेट भी किसी पलश टैंक के इनलेट से जुड़ जाए तो और भी अच्छा होगा।

- पानी का मीटर लगवाएं और अपने बिल पर नज़र रखें। यह सब उपाय करने से बिल में ज़रूर कमी आएगी। पानी की बचत के साथ पैसे की भी बचत।
- बाहर जाएँ तो अपने साथ अपनी पानी की बोतल रखें। इससे आपको पानी भी नहीं खरीदना पड़ेगा साथ ही प्लास्टिक का भी उपयोग कम होगा।

यह कुछ सुझाव हैं जिन्हें हम अपने घर में लागू कर सकते हैं लेकिन आप आसपास देखें, पानी बचाने के बहुत से अन्य तरीके आपको भी दिख जाएंगे।

पानी का एक बड़ा स्रोत होता है भूजल या फिर ज़मीन के अंदर का पानी जो कुंओं, तालाबों, बाओली या ट्यूबवेल से हमें मिलता है। पर अफ़सोस है कि इस पानी का स्तर नीचे होता जा रहा है। इसके स्तर को बढ़ाने के लिए भी हम निजी रूप से कुछ कदम उठा सकते हैं। चूंकि भूमिगत जल की पुनः पूर्ति वर्षा के पानी से होती है इसलिए यह ज़रूरी है कि बारिश के समय जितना अधिक पानी ज़मीन से नीचे रिस जाए उतना लाभकारी है। रेनवॉटर हार्वेस्टिंग का नाम सुनकर लगता है कि बहुत जटिल विषय की बात चल रही हो। पर एक छोटे सरल तरीके से हम घर पर भी बहुत ही कम खर्च से यह कर सकते हैं।

मुंबई के सुभोजित मुखर्जी ने एक सरल परन्तु कारगर तरीका निकला है। हमलोगों के घर की छत से बारिश का पानी किसी नाली से होकर नीचे बह जाता है। एक ड्रम लें, उसके चारों ओर मध्यम नाप के छेद बना दें। इसके लिए पुराना प्लास्टिक का या कोई भी ड्रम लिया जा सकता है। नाली के मुँह के पास एक 3 फीट x 3 फीट का गड्ढा खोदिए। उसमें यह ड्रम बैठा दें। अब ड्रम के किनारे गड्ढे में कंकड़-पत्थर भर दें। नाली को इस ड्रम में जोड़ दें जिससे सारा पानी इसी में गिरे। बरसात के समय छत का पानी इस ड्रम में भरेगा और छेदों से निकलकर नीचे ज़मीन में बह जाएगा। इससे भूतल जल का स्तर रिचार्ज होता रहेगा। यदि आपको ड्रम नहीं मिल रहा है तो गड्ढे में कंकर पत्थर भर दें और नाली उसी में खोलें। इससे भी पानी नीचे चला जाएगा।

बारिश के पानी को आप सीधे किसी ड्रम में स्टोर भी कर सकती हैं और इससे घर के पोछा लगाने का काम हो सकता है।

वृक्षारोपण या पेड़ लगाना सिर्फ एक शौक नहीं बल्कि एक ज़िम्मेदारी भी है। हम जितने अधिक पेड़ लगाएंगे, बादल उन्हें देख ऐसे आकर्षित होंगे कि वहीं बरस पड़ेंगे। इन पेड़ों की जड़ें ज़मीन को भी मज़बूत रखती हैं। आप जहाँ रह रहे हों वहाँ कहीं भी पेड़ लगाइए। हम सब पोस्टिंग पर हर दूसरे तीसरे साल नयी जगह जाते हैं। अपनी यादगार के रूप में कम से कम दस पेड़ लगा कर जाएंगे।

परन्तु इस तरह के किसी भी कार्य को शुरू करने में कुछ मेहनत लगती है और सक्रिय होना पड़ता है। पर यदि हमें प्राकृतिक संसाधनों को बचाना है, अपने और आने वाली पीढ़ियों का जीवन खुशहाल रखना है तो अपनी आदतों में परिवर्तन लाना पड़ेगा। जब परिवर्तन की बयार चलेगी तो समृद्धि साथ में ज़रूर आएगी।



श्रीमती पूनम तिवारी
पत्नी एयर मार्शल अमित तिवारी
अ वि से मे वा मे
वायु सेना मुख्यालय वायु भवन



The Roller-Coaster Ride of MENOPAIISE



Menopause is a subject that many women do not like to talk about openly or in any forum because of their inhibitions. Being from a medical background as well as being a member of this esteemed organization, I would like to take this opportunity to write on this subject as this phase affects the life of each and every Sangini. Through this article, I would urge all the Sanginis to come together and break this stereotype by learning about it, discussing it and facing this crucial phase of life with high spirits.

What is menopause? Menopause is the process through which a woman ceases to be fertile or to menstruate. It is a normal part of life and is NOT (R) NOT considered a disease or a medical condition. In simple terms, the term "menopause" describes the changes a woman goes through either just before or after she stops menstruating, marking the end of her reproductive period. Menopause does not occur suddenly but there are three stages of menopause. These are:

- (a) **Perimenopause.** This stage begins several years before menopause, when the ovaries gradually make less hormones called estrogen. It lasts upto menopause, the stage when the ovaries stop releasing eggs.
- (b) **Menopause.** In this stage, the ovaries stop releasing eggs.
- (c) **Postmenopause.** This stage follows the menopause. As the woman ages, health risks related to loss of estrogen rise during this stage.

What causes menopause? There are various factors that cause menopause:-

- (a) A woman is born with a finite number of eggs, which are stored in the ovaries. The ovaries also make the hormones called estrogen and progesterone, which are responsible for controlling menstruation and ovulation. Menopause happens when the ovaries no longer release an egg every month and menstruation stops.
- (b) Menopause happens generally after the age of 40. Menopause that happens before 40, regardless of any cause, is called premature menopause.
- (c) Some women can go through menopause early due to medical or surgical treatment like hysterectomy or damage to the ovaries as a result of chemotherapy.



What are the symptoms? The human body is a complex system and more so when it is of a woman. Whenever, there is some hormonal imbalance in the body as in the case of menopause (production of less estrogen by the body), our body tends to react naturally which results in the following symptoms which are also called the symptoms of menopause :-

- (a) Irritation
- (b) Feelings of sadness
- (c) Lack of motivation
- (d) Anxiety
- (e) Aggressiveness
- (f) Difficulty in concentrating
- (g) Hot flushes
- (h) Mood fluctuations
- (j) Tension

How to counter these symptoms? Irritability and feelings of sadness are the most common emotional symptoms of menopause. Often, they can be managed through lifestyle changes such as learning ways to relax and reduce stress levels. Notwithstanding this, I suggest the following tips that would definitely make it simpler for you to handle your emotional fluctuations during menopause:-

- (a) Exercise during menopause can have a wide range of benefits including preventing weight gain, reducing cancer risk, protecting the bones, and boosting the general mood.
- (b) It is important to maintain a healthy and varied diet when managing the bodily effects of menopause. Omega-3 helps in easing out psychological distress and depressive symptoms. Women experiencing menopause should eat a

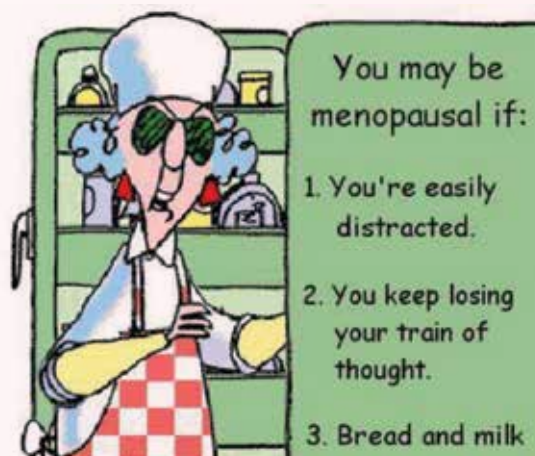
well-balanced diet that includes:- Vegetables, Fruits, Whole grains, Unsaturated fats, Fiber and Unrefined carbohydrates.

- (c) Find a self-calming skill to practice, such as yoga, meditation or rhythmic breathing.
- (d) Avoid alcohol
- (e) Engage in a creative venture that gives a sense of achievement.
- (f) Stay connected and spend time with your family.
- (g) Nurture your friendships.

The above suggestions may not work out for everyone as all human beings are not the same. Everyone has different levels of mental health. Please do not hesitate in consulting and confiding your concerns with a psychologist whenever required.

In the words of Sandra Tsing Loh, "Menopause is your return to where you were before, when your hormone levels are the same as a pre-adolescent girl". So dear ladies, cheer up and brace up to embrace this phase of life called "**MENOPAUSE**".

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चुनाव आपका है

एक बार की बात है, एक मूर्तिकार एक जंगल से गुजर रहा था। रास्ते में उसकी नजर एक बहुत ही सुंदर पत्थर पर पड़ी। वह उस पत्थर के सामने रुक गया और सोचने लगा, "इससे बहुत ही सुंदर मूर्ति बनेगी"। यह सोचते हुए उसने अपने थैले से सामान निकाला। वह अपने हथौड़े और छेनी से उस पत्थर पर वार करने ही वाला था कि अचानक पत्थर से आवाज़ आयी, "रुको मुझे छोड़ दो, तुम्हें रास्ते में दूसरा पत्थर मिल जाएगा"।

मूर्तिकार बहुत ही दयालु था, उसने बिना कोई सवाल किए अपना सामान उठाया और आगे बढ़ गया। वह जंगल में कुछ दूर ही गया था कि उसे एक और पत्थर दिखाई दिया। वह पत्थर भी काफी विशाल और सुंदर था। मूर्तिकार वहीं रुक गया और उसने अपने हथौड़े और छेनी से उस पत्थर पर काम करना शुरू कर दिया। कुछ ही समय बाद उसने उस पत्थर की बहुत ही सुंदर मूर्ति बना दी। मूर्ति बनाने के बाद वह जंगल पार करके एक गाँव पहुँचा।

गाँव वाले ने उससे कहा, "हमारे गाँव में एक नया मंदिर बना है, उसके लिए भगवान की एक मूर्ति बना दो"। मूर्तिकार ने कहा, "मैंने अभी अभी जंगल में एक मूर्ति बनाई है, तुम लोग उसे ले आओ"। लोग जंगल में जाकर उस मूर्ति को ले आये और मंदिर में स्थापित कर दिया।

मूर्ति स्थापित करने के बाद लोग बोले, "हमें नारियल तोड़ने के लिए और पत्थर चाहिए"। मूर्तिकार बोला, "जंगल में एक पत्थर और है। मैंने उसे ऐसे ही छोड़ दिया था, तुम उसे ले आओ"। कुछ लोग जाकर उस पत्थर को ले आए। इस बात को ध्यान से समझो, वो दोनों पत्थर जो जंगल में थे एक ही समय पर एक ही जगह आ गए। लेकिन एक पत्थर की पूजा हो रही थी और दूसरे पत्थर पर नारियल फोड़े जा रहे थे।

एक दिन जिस पत्थर पर नारियल फोड़े जा रहे थे वह मूर्ति बने पत्थर से बोला, "हम दोनों में क्या फर्क है, जिसके कारण तुम्हारी पूजा होती है और मुझ पर नारियल तोड़े जाते हैं"। मूर्ति बना पत्थर बोला, "कोई फर्क नहीं है। फर्क सिर्फ हमारे द्वारा लिए गए फैसले का है। अगर उस दिन तुमने जंगल में मूर्तिकार का पहला वार सह लिया होता तो आज तुम्हारी भी मेरी तरह पूजा होती"।

दोस्तों इस कहानी से मैं आपको यह समझाना चाहती हूँ कि आपके द्वारा लिया गया फैसला ही आपके लिए भविष्य में अच्छा और बुरा समय लेकर आता है, इसलिए मुसीबत आने पर घबराओ नहीं, सोच समझकर ही फैसला लो क्योंकि ये फैसला तय करेगा कि आपका आने वाला कैसा होगा।



श्रीमती नीलम तिवारी
पत्नी वा अ एस के तिवारी
वायु सेना स्टेशन सूर्यलंका



Gender Sensitization – Need of the Hour



"Boys like to play with cars", while on the other hand, "Girls like to play with dolls and they love make-up"; "Daddy says boys shouldn't cry, Mummy says girls should be shy"; "Mummy is just a housewife, and Daddy the breadwinner". Most of the people in India have heard these lines at least once. As kids we learn what boys and girls can or can't do. We hear such statements from grown-ups. As kids we learn biases that seal our fate, and we grow up to be adults, living the same statements, sometimes without thinking. Gender Sensitization is the process in which people of all genders are taught to respect everyone irrespective of gender while acknowledging the differences.

Gender Inequality begins at home. Mothers admonish their daughters that they should not play with boys. Sometimes fathers tell their sons that it is the job of men to earn. Eventually children start believing this to be true and behave accordingly. Take the examples of Chota Bheem or Doremon cartoon serials. It is most likely that the male characters are strong and the female characters seek protection under them inspite of being the nurturer. This type of mindset tends to slowly start seeping into the minds of children. The impact is such that children start believing what they see or hear. The change must therefore begin from a young age. While egalitarian gender roles may not be present at home, the school can become a space of transformation where children, especially those hailing from disadvantaged backgrounds, learn to question gender roles, identify areas of gendered discrimination, and work towards changing them.

Change has to start from the grassroots. Only when both boys and girls learn to question this typical gender bias at a basic level, the situation in society will also change for the better. I have had the opportunity to work in different parts of country which has taught me

that gender roles and inequalities are very contextual and rooted in cultural and social practices. Thus, there cannot be any simplistic policy to address gender inequality. At a more grass root and local level, we need clear family directives to understand and address specific gender norms through the schooling process.

If the Government policy also outlines the importance of gender sensitization, why shouldn't it be made mandatory? The importance of gender sensitization in homes and schools has been recognized and given due importance in all policy outlining quality education. The Right to Education Act 2009, and its operating arm, the Sarva Shiksha Abhiyan, has clearly mentioned that gender equality is one of the expected outcomes of elementary education in the country. We must insist that schools give due importance to gender sensitization and ensure that it is very much a part of our schooling process. The onus lies on the whole community around us.

There is a lot that needs to be understood and a lot more that needs to be done to make gender sensitization programs successful in schools. A lot of conditioning and stereotyping comes from parents and teachers themselves. This has to undergo a fundamental change.

Change will occur when old attitudes held by us adults, change, and we become accepting of the many complex layers of gender sensitization. In today's world, therefore, I am of the utmost belief that gender sensitization is a non-negotiable need of the hour.

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10 Wing AF



Life After Retirement

The thought of life after retirement makes some people cheerful and happy, while for some this can be a nightmare or cause anxiety about how life would be after they leave their regular profession or occupation. Life after retirement can be the best years of your life or the worst. Your attitude and actions can make the difference between boring or brilliant years because life turns a new leaf after retirement.

Here I'm not talking about the financial aspect but about how you can keep yourself engaged and happy after retirement.

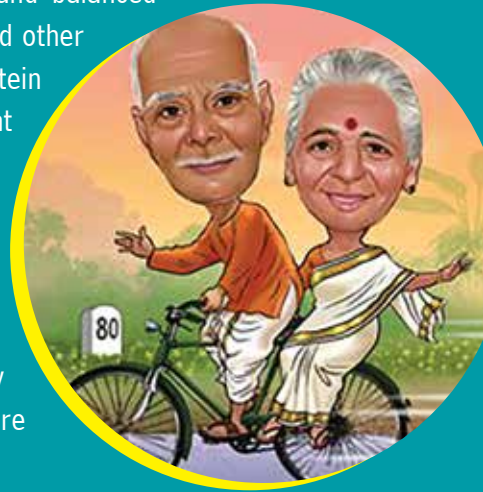
Here are 10 useful tips for a healthy and peaceful retired life:

Exercise. Do not forget to follow your fitness regime. It is critical that you take extra care of your health. Go for morning walks or jogging at the park, hit the gym if you will, go swimming, join yoga classes or do other physical activities that suit your body. Consult your trainer and/or doctor to plan your fitness schedule. Exercise keeps your body in good shape and mind in good spirit.



Monitor Your Health. Do not forget to monitor your health. Regularly go for health check-ups. It is essential to keep a tab on your blood sugar levels, cholesterol, weight and other important health parameters. It is recommended, you go for a full body check-up at least once in a year during your retired life.

Maintain a Healthy Lifestyle. Old age is when you closely monitor what you consume. Consult your dietician for a healthy and balanced diet. Avoid fast foods and other foods that are high in protein or carbohydrates. Eat high-fibre foods, lots of green vegetables and fruits. Consume lots of water. Maintain high levels of hygiene as during old age immunity is low and our bodies are more prone to infections.



Quit Smoking and Stop Consuming Alcohol. Smoking damages the heart. It raises blood pressure and damages blood vessels; it also promotes the build-up of fatty plaque in arteries and lowers levels of "good" cholesterol. Alcohol damages the liver; consumption of alcohol can create multiple health problems and ultimately lead to cirrhosis of the liver.

Take up a Part Time Job. If you have been a workaholic throughout your career, you may find it difficult to just sit at home for the entire day. If health permits, take up a part time job or start writing for a local publication or start a small business. This will not only keep you busy but also help you remain active and keep you rejuvenated. It also helps you earn some extra money.

Pursue Your Hobbies. Retired life gives you the opportunity to pursue your hobbies which you might have put on the back burner during your working days. So be it painting, reading or gardening for that matter, this is a great time to go for it.

Volunteer. If you wanted to support any noble cause in your lifetime, now is the time to do it. Join an NGO or club that supports social initiatives and causes that are close to your heart and contribute actively.

Look After Your Grandchildren. Babysitting grandchildren is the single most blissful experience for grandparents. Not to mention, the grandchildren too are quite excited to have their grandparents dropping them to school, attending their class programs, trips, recitals or helping them with their homework.

Create Wonderful Memories. This is a wonderful time to spend time with your spouse and relive those golden memories of yesteryears. Take your spouse out for an occasional lunch, go for a picnic, go for a pilgrimage trip together. In fact, this is a great time to catch up with old friends as well.

Happiness Above All. Make sure you are at peace with yourself. If your mind is under stress, your body will start reflecting that. Try to be happy and cheerful. Join a laughing club. Remember the old adage Laughter is the best medicine. You can also read good books and concentrate more on religious activities.



Do not forget you have retired from your job, not from your life! Make good use of your time. Indeed, a good retired life is one when you realise that you never get a day off; you are always busy doing things you love!

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Kumbh- Prayagraj: An Intangible Heritage

The boatman flexed his muscles to get an extra inch of space among the frenzy of other boats laden with people, all eagerly awaiting their turn to take a holy dip in the pious *Triveni Sangam*. Most of them had travelled miles to reach here on this auspicious occasion of Ardh Kumbh which saw a sea of humanity descend on Prayagraj since January. '*Divya Kumbh, Bhavya Kumbh*', is what this mega spiritual assembly has been termed as. Large boards, banners, and walls have this slogan displayed all over. As an average religious minded person, I ventured into this vast Kumbh village with least expectations, having cajoled myself to see this "event" at least once since, I was in this city. However, once there, I ended up making several trips and was left wanting more.

Prayagraj : "The Place of Sacrifice" is claimed to be "Tirath Raj" or the foremost of the holy places and this title was acknowledged by Raja Birbal, who is supposed to have recorded his visit to Prayag on the Asoka pillar. This is a 'Tirath Raj' because besides the rivers, Ganga and Yamuna, the third river Saraswati, which disappears in the sand southwest of Punjab, appears here, to unite with Ganga and Yamuna. At this very confluence, once every twelve years gathers the largest congregation of mankind. This is the "*Maha Kumbh*", a celestial ritual practiced every twelfth year, when the sun enters Aries and the planet Jupiter is simultaneously in Aquarius.

Apart from the astronomical significance Kumbh has a mythological connotation as well. It is associated with the story of "*Samudra Manthan*" as mentioned in the Puranas. Kumbh the '*Eternal pot of Nectar*' derived

from churning of the sea by the Demigods (Devas) and Demons (Asuras), was to be shared equally by both sides, however, the Gods fearing misuse did not give the demons their share and Brahaspati, Surya, Shani and Chandra were entrusted with the safety of the pot of nectar. Thus, began the chase between the demigods and demons. During this chase, few drops of nectar fell at four places; the banks of river Godavari in Nasik, Kshipra in Ujjain, Ganges in Haridwar, and at the Sangam of Ganges, Yamuna, and Saraswati in Allahabad. And since then these four places are believed to have acquired mystical powers. The chase between the demons and demigods was for 12 days and 12 nights, and 12 days of Gods is equal to 12 human years. Hence the kumbh comes once every 12 years in rotation at these four places. However, midway between each Kumbh comes the "*Ardh Kumbh*" (Half Kumbh), which also has a similar gathering of people.

The earliest literary reference to this festival goes back as far as the seventh century C.E. as recorded by the Chinese traveler Hiuen Tsang, who visited India during the reign of Harshavardhana. He is said to have recorded that this place was inhabited by many heretics (religious people). The Kumbh Mela, hence,





is a fair which has been part of the cultural fabric of Allahabad since time immemorial. The festivities start with the onset of Makar Sankranti, in the month of January and continues until mid-March. During this time large bodies of various religious ascetics attend the fair. These are the various "Akharas", and they are set up in separate camps in order of precedence.

Kumbh Mela is thus not only a religious event, but it is an *Invaluable Intangible Cultural Heritage*, that has passed from one generation to another from time immemorial. Apart from the Akharas which are the core spiritual groups, people from all parts of India come here to participate in the event and more so during the day of the '*Shahi Snaans*'. This place is witness to *Faith* like no other! Villages and villages pour in at the venue, from the young to the aged, carrying their entire household, to make this their home for the next three months. For a well fed, well settled and well looked after person like me...this was a revelation.

Lives of many in our country still run on faith and complete submersion in God because all that they have to offer to God is their deep gratitude and faith. They

are a photographer's delight. But for these devotees, who literally carry their world with them, finding a place and settling down with whole families, partaking in religious sermons, this is just a way of life. The whole place reverberates with holy chants, and daily sermons of Ramayan Path, which is open to all. And night makes it a bejeweled city. Collective chants are said to ward off negative energies. So, one can only imagine the positive energies created by almost a million spiritual souls. Perhaps, this is the very reason that makes this place a holy abode.

Thus, a visit to the Kumbh Mela is a must, not because one needs to be religious, or as a religious obligation to one's faith, but to connect with reality and experience the collective wisdom of our great civilization.

Mrs Harsha Joshi Guddad
W/o Gp Capt M Guddad
29 Wing AF



योगासन : एक जीवन शैली

हर कोई लंबी, स्वस्थ और उपयोगी जिंदगी जीना चाहता है। परंतु वास्तविकता बहुत कठोर होती है। अपनी दिनचर्या में हम घर और बाहर दोनों कार्यों को संभालने में लगे रहते हैं, जिसमें हमें खुद के लिए समय नहीं मिल पाता है। इसके बाद जो समय बचता है उसमें हम सोते हैं। इसका परिणाम होता है कि हमें तनाव व बीमारियों का सामना करना पड़ता है। इस तनाव को दूर करने व अनेक असाध्य रोगों के मुक्ति का एक शक्तिशाली उपाय है योगासन। योग और प्राणायाम भारतीय संस्कृति और जीवन शैली के प्राण हैं। शारीरिक व मानसिक स्वास्थ्य के लिए योग को वरदान माना गया है।

योग का शाब्दिक अर्थ तन और मन को प्रसन्न रखना है। योग हमारे देश में कोई नई प्रणाली नहीं है। इसे हमने अपनी जीवन शैली के रूप में अपनाया है। प्राचीन काल में दवाओं का प्रयोग न के बराबर होता था। जड़ी बूटियां और योगासन के प्रयोग से मनुष्य स्वस्थ व निरोगी रहता था। योग और प्राणायाम का स्वास्थ्य रक्षा में भारी योगदान हो सकता है। आधुनिक जीवन में मनुष्य की जीवनचर्या में पश्चिम सभ्यता का खानपान की अधिकता का होना अनेक रोगों का कारण बनता जा रहा है।

योगासन का सबसे बड़ा लाभ यह है कि यह सहज, सरल और सुलभ है। इसको अपनाने के लिए कोई धन की आवश्यकता नहीं है। यह अमीर, गरीब, नारी, पुरुष, बच्चे, बूढ़े सब के लिए बराबर है। योगासनों में जहाँ मांसपेशियों को तानने, सिकोड़ने और ऎंठने वाली शारीरिक क्रियाएँ करनी पड़ती हैं, वहीं दूसरी ओर तनाव, खिंचाव, दूर करने वाली क्रियाएँ भी होती हैं। इससे शारीरिक थकान मिटने के साथ साथ आधुनिक जीवन शैली की विभिन्न बीमारियों से भी मुक्ति मिलती है।

इससे शरीर पुष्ट होने के साथ पाचन अंगों में विकार उत्पन्न नहीं होते। शरीर सुडौल बनता है और मोटापा छूंतर् हो जाता है, नेत्र ज्योति बढ़ती है। योग हमारे तन और मन दोनों को पुष्ट करता है। योग भारत की प्राचीन परंपरा का एक उत्कृष्ट उपहार है। यह मन और शरीर की एकता, विचार और कार्य, संयम और पूर्ति, मनुष्य और प्रकृति के बीच सद्भाव, स्वास्थ्य और कल्याण के लिए एक समग्र दृष्टिकोण है।

श्रीमती जसवंती मलिक
पत्नी जू वा अ बी एस मलिक
8 विंग वा से



MUTUAL FUNDS - The Road to Riches

Being a Finance professional, gives me a responsibility that I make fellow investors aware about the genuine wealth creating option "**Mutual Funds**". For all investors and those who are starting out, mutual funds are a wonderful and convenient way to invest your money.

Simply put, a mutual fund is a collection of stocks. An investor gives his money to the mutual fund manager who in turn invests it in stocks / bonds of companies. Here are four reasons you should consider buying mutual funds.

- 1 **Diversification of portfolio:-** Mutual Funds help the investor spread out the investable money so that not all eggs are in a single basket. eg equity, bonds, risky, non-risky stocks.
- 2 **Lower costs:-** Transactions costs are very low because the managers of mutual funds houses take advantage of bulk investing due to a large number of investors.
- 3 **Low minimum investment:-** The minimum investment amount in most of the mutual funds is Rs 500 per month which helps it to reach out to even the lower income classes.
- 4 **Professional Management:-** Mutual fund managers and analysts wake up each morning with the goal to maximise their investors wealth. The benefits of professionalism get passed on to the investors through high returns.
- 5 **Mutual Fund Investments for women investors:-** Women investors may be grouped as home makers or working professionals. The most important thing to do for them is to consult a good financial adviser and draw up an asset allocation plan as per their risk appetite.

Choice 1 If you are a young woman who has just started earning, you will probably have a higher risk profile. So, you could do a 60% equity, 40 % debt investment

Choice 2 If you are a homemaker of the age of say 35/40 plus also and don't have a large stream of income, then the right answer is certainly not 100% equity. It will be something like 20-30 % equity and let's say 80 % fixed deposits.

Choice 3 If you have a steady income but are also liable to pay any loan EMI, then ideally you should build a portfolio that will generate a return of say 15% by blending across a section of asset classes.

Some Mutual funds offer a systematic withdrawal plan (SWP) by which you can take back the money on a monthly basis and generate some kind of liquidity at regular time intervals. SWP is a timeless option because it also helps your money compound, simultaneously allowing you to pay off your loans.

Conventionally, women in India have always focused on saving. The household savings rate in the country was around 26 % of household income in 2016. Popular informal chit fund saving options like "Kitty Parties" have now taken a backseat and mutual funds are the way ahead. Lack of financial literacy often hinders women in Indian cities from actively investing their savings systematically.

Educate yourself and for that the journey of a thousand miles begins with a single step - conviction and will power!

Happy Investing, Ladies!

Mrs Anuja Birari
W/o Sqn Ldr PK Birari
40 Wing AF



कैलाश मानसरोवर यात्रा

“परम् रम्य गिरिबरू कैलाशू सदा जहाँ शिव उमा निवासू।।”

श्री रामचरित मानस में कैलाश पर्वत को पर्वतों में श्रेष्ठ, रमणीय और शिव-पार्वती का निवास स्थान बताया गया है। मानसरोवर जिसे वेदों में क्षीर सागर कहा गया है, सृष्टि पालक श्री हरि विष्णु का निवास स्थान है। हिंदू, जैन एवं बौद्ध धर्म के मानने वाले यहाँ यात्रा के लिए हर वर्ष आते हैं। यह स्थान बौद्ध धर्मावलंबियों के सभी तीर्थ स्थानों में सबसे अधिक महत्वपूर्ण है।

मेरे पति द्वारा व्याख्यान किए गए अनुभव को महसूस करते हुए मैंने संज्ञान लिया कि संगिनियों और उनके परिवार के लिए तदर्थ क्रमशः यह अविस्मरणीय अनुभव लिखूं।

कैलाश पर्वत समुद्र सतह से 22068 फीट ऊँचा है तथा हिमालय के उत्तरी क्षेत्र में तिब्बत में स्थित है। चूँकि तिब्बत चीन के अधीन है, अतः कैलाश चीन में आता है। श्री भोले नाथ की ईश्वरीय कृपा, वायु सेना और AFRO के सहयोग से मेरे पति को वर्ष 2019 में 9जी बैच, 14 जुलाई से 03 अगस्त तक कैलाश मानसरोवर की यात्रा करने का जन्मों स्मरणीय मौका मिला।

मेरे पति को MEA ने संपर्क अधिकारी (LO) नियुक्त किया, जिनके देखरेख में 52 यात्री थे। संपर्क अधिकारी भारत सरकार में नियुक्त सेक्रेटरी अथवा उससे ऊपर के पद का होता है, जो हर टोली में पृथक-पृथक नियुक्त किया जाता है, जिसका कार्य अपने बैच की यात्रा को अनुशासन तथा सुव्यवस्थित क्रमबद्ध शान्तिपूर्वक तरीके से संपन्न कराना है।

मेरे पति ने यात्रा की तैयारियां एक महीने पहले से शुरू कर दी थी, जिसमें सूची में शामिल सामान जैसे – ऊनी कपड़े, ट्रैक सूट, मजबूत पानी की बोतल, जूते जिससे कि वर्षा में और सख्त मैदान में भी आसानी से चला जा सके, खाने की वस्तुएं, दवाइयाँ आदि। इन्होंने शारीरिक व्यायाम भी शुरू कर दिया। प्रत्येक दिन कम से कम एक घंटे ये सैर करते थे, नित्य प्राणायाम करते थे और खाने की आदतों में भी सुधार किया।

कैलाश मानसरोवर यात्रा : क्रियान्वित

भाग (क) : 08 दिन – दिल्ली से चीन की सीमा (लिपूलेख दर्रा)

भाग (ख) : 09 दिन – चीन के क्षेत्र में

भाग (ग) : 05 दिन – लिपूलेख से दिल्ली (वापसी की यात्रा)

भाग (क) – यात्रा का यह भाग बहुत मनोहर, जाग्रतापूर्वक और ताज़गी भरा था। सबसे अधिक स्मरणीय था कुमाऊँ मण्डल विकास निगम द्वारा यात्रियों का अतिथि सत्कार। प्रत्येक ठहराव पर स्वागत से आदर भाव एवं स्वादिष्ट खाना देना। इस भाग में लगभग 70 कि.मी. की पैदल यात्रा तय की। कुछ रास्ते काफी दुर्गम, खतरनाक और कठिन थे। सबसे जोखिम भरा रास्ता लिपूलेख

दर्दा का था, जोकि 17000 फीट की ऊँचाई पर था। वहाँ समय से पहुँचने के लिए रात के 2 बजे ही निकलना पड़ता है। कंपकंपा देने वाली ठंड, बारिश, बर्फ, पहाड़ी रास्ता और ऑक्सीजन की कमी इस यात्रा को और भी दुर्गम बनाते हैं, परंतु रास्ते में बहते हुए झरने, खूबसूरत वादियाँ, नाग पर्वत, व्यास गुफा, कालापानी और ऊँ पर्वत के मनमोहक दृश्य सारी थकान मिटा देते हैं।

भाग (ख) – यह यात्रा का मुख्य भाग है जिसमें यात्री कैलाश पर्वत तथा मानसरोवर झील की परिक्रमा करते हैं। यकीनन यह यात्रा का कठिन भाग है। शारीरिक एवं मानसिक संतुलन बनाए रखना बहुत आवश्यक है। कैलाश मानसरोवर की परिक्रमा करने में सबसे जोखिम वाला भाग डोलमा पास है। जो कि करीब 19000 फीट की ऊँचाई पर है। बैच नं. 3 में ऑक्सीजन की कमी और चढ़ाई के कारण एक यात्री की आकस्मिक मृत्यु हो गई थी। इस खबर के कारण काफी यात्री डरे हुए थे। परन्तु फौज की ट्रेनिंग और अनुभव से मेरे पति ने सबका मनोबल बनाए रखा और एक संगठन के रूप में व्यवस्थित तरीके से सबकी यात्रा पूरी करवाई। इस यात्रा के भाग में लगभग 52 कि.मी. की पैदल यात्रा है, जिसमें यमद्वार, गणेश पर्वत, नंदी पर्वत, डोलमा पास, गौरी कुंड, कैलाश पर्वत, राक्षस ताल और मानसरोवर झील के अद्भुत और अतुलनीय दृश्य और दर्शन होते हैं।

भाग (ग) – बेशक चीन में एक लम्बे ठहराव के बाद इन्हें भारत वापसी पर प्रचुर आनंद का एहसास हुआ। KMVN सदस्यों के साथ मिलते हुए, ITBP के जवान से दोबारा मिलकर एक नई शक्ति का इन्हें एहसास हुआ। 06 दिन दिल्ली पहुँचने की उत्सुकता में व्यतीत हो गए। जब सब यात्री दिल्ली पहुँचने वाले थे, तब मैं भी गुजराती समाज समिति अपने पति को लेने पहुँच गई। मुझे बहुत खुशी थी कि इतने समय बाद एक लम्बी और कठिन यात्रा करने के बाद मैं इनसे मिलूँगी। इनको देखकर मेरी आँखों से खुशी के आँसू छलक गए। मुझे इनपर बहुत ही गर्व महसूस हो रहा था। सारे यात्री 'भोले की फौज, करेगी मौज' नारे के साथ बस से उतरने लगे। सभी बहुत ही प्रसन्न और शिवमय लग रहे थे।

सभी पाठकों को दिल से शुभकामनाएँ!

श्रीमती सविता सिंह
पत्नी विंग कमांडर मुकेश कुमार सिंह
वायु सेना अभिलेख कार्यालय





Eunuch The Third Gender

Do you personally know a transgender person? I guess affirmative answers would be less than a handful due to our society's tendency to exclude those considered "not normal". Unfortunately, I too subscribed to this belief for most part of my life. The mere mention of 'Hijra' would fill me with a sense of fear.

I distinctly remember my train journeys which were never complete without an encounter with them. Dressed in colourful saris, their faces adorned with heavy makeup, they would walk with exaggerated movements demanding money from the travellers, offering blessings in reciprocation and threatening to strip, if refused. They crash fancy weddings and birth ceremonies, singing bawdy songs and leaving with fistfuls of rupees. My dislike for them grew leaps and bounds as I found this custom of these physically able people unjustifiable.

The Eunuch or hijras were considered as divine beings in ancient India and were treated with utmost respect. They were invited to bless

children as well as couples who were newly married, but Victorian England changed that. When the British colonized India, they began treating the transgender community as if their existence itself was against the order of nature. Thus, began a discomfort in India with homosexuality, transgenders and hijras.

I am fortunate, like most of you Sanginis, to have seen and lived in different corners of this beautiful country. This exposure has changed my perception. The year 2014 saw me landing in the city of joy, Kolkata. Soon, I settled in this bustling city and travelled very frequently to find out the secret behind the bubbling energy of the Kolkata culture. The presence of a sizeable number of transgenders who mostly move about the city piqued my curiosity. This was in stark contrast to other cities I had lived before which set me thinking about the reasons behind the scanty presence of transgenders in other places. Visualising their marginalised state agonised me. The exploitation and humiliation they undergo in their daily lives is unimaginable. Most of them are pushed into sex trade for survival in the absence of job opportunities.

In a landmark decision, the Supreme Court of India, in Aug 2015, declared transgenders to be a 'third gender', as a result of which fundamental rights granted under the Constitution of India will be equally applicable to transgenders, and gave them the right to self-identification of their gender as male, female or third gender. Moreover, the court also held that because transgenders were treated as socially and economically backward classes, they will be granted



reservations in admissions to educational institutions and jobs. Indian passport application forms were updated with three gender options: M, F, and E (for male, female, and eunuch, respectively).

A transgender from West Bengal, Manabi Bandopadhyay, made history on June 9, 2015, when she was made the college principal at Krishnagar Women's College in Nadia district. She is the first transgender to have achieved this feat.

Fast forward to year 2019.... I presently live in the garden city, Bangalore and I am pleased to see that the eunuch community has come a long way, gradually leaving behind the harrowing phase of their lives. Government initiatives have helped sensitise the public about the third gender. They are now accepted as part of our society and have access to education and health care. In some states, such as Kerala, a person can now get a sex change at a government hospital. However, it's still a long way till everybody in the society accepts them as the third gender.

Defence culture equips all of us with a greater ability to adapt to changes more easily than most. We



have therefore a more important role to play to ensure that this transition is smooth. Please pose a smiling face next time you meet a transgender/eunuch and extend a helping hand if needed. They too have a heart like any man or woman and are eager to extend their friendships beyond their gender.

Mrs Sujatha Nair
W/o Gp Capt Pradeep Nair
HQ TC IAF





MYSTERY OF RATION

Being from civil background, not having even a single relative in Fauj, getting married to a young Squadron Leader, brought me to a different world; a world full of unknowns, mysteries and tons of questions. After completing an initial blissful stay in Officers' Mess, when we shifted to OMQ, it was the time for me to set up my own kitchen. And that is when I heard a mysterious word, "RATION". I was told that we would be getting 'free ration'. I was shocked and wondered 'How can we get free ration?' As a civilian, I had heard that subsidized ration was available only to 'Yellow Ration Card' holders who were below the poverty line and we were surely not those. My husband, smiling at my innocence, mischievously said, "Dear, this free ration is meant only for serving officers and it is a stealth weapon deployed by the Government". At first, I couldn't understand ABC of what he said. On my insistence, he just replied that the power of this weapon could be realized only by the user and so I would also know it very soon. This added one more mystery to my already encumbered mind.

As time passed, like all other ladies, I also started realizing the power of this stealth weapon, which worked where even money wouldn't. Making use of the fixed variety of ration taught us innovative cooking. Although, ration mostly made our daily life easy and busy, there were the ill effects of forced feeding of ration, especially cheese, butter etc. Many of the experienced ladies made all these work as a great motivator for the lousy maids. For most of the maids, to get a major share of the ration was their right.

As the ration mystery was unwinding, a new question started bothering me 'Was Ration – a Bane or Boon?' After intense soul searching for almost eight years and numerous brainstorming sessions with other Sanginis, no one could give me a conclusive answer to my basic question. And that is when the 'Winds of Change' started picking up momentum on all fronts for 'Women Empowerment' in India. The so called homemaker Sanginis started spreading their wings beyond the kitchen, in the deep skies, in the fields of education, management, confectionery, entrepreneurship and so on. Slowly, ration started losing its significance in their lives and became a liability rather than a weapon. Issues like managing the time for receiving and disposing of ration became bane. But like true better halves of soldiers, they never shied away from their ration responsibilities.

And then, the 7th Pay Commission dropped the bombshell, 'No free ration at peace locations - only Cash In Lieu of Ration (CILR)'. The economics of CILR did not matter much. What mattered was,

for the homemakers it was like de-arming them of their stealth weapon and for the working class, it was women empowerment. But, for me, by the time I could solve it completely, the mystery of ration itself was gone, leaving behind its endless tales...!!!



Mrs Kamalini S Ware
W/o Gp Capt SR Ware
Air HQ Vayu Bhavan



pyk lkvfdy
pykr g

किंचित न अभिमान पर थोड़ी सी परेशान हूँ मैं,
आओ बेहतर भविष्य के लिए इतिहास को दोहराते हैं,
चलो साईकिल चलाते हैं।

गंभीर समस्या आई है, जल्द ही इससे निजात पाते हैं।
क्यों न गाड़ी-घोड़ा छोड़कर,
चलो साईकिल चलाते हैं।

बढ़ रहा पारा इस धरती का, प्रदूषण इसका एक कारण है।
कम करें उपयोग गाड़ियों का, यह इस समस्या का निवारण है,
बदले में इसके एक नया वाहन आजमाते हैं।
चलो साईकिल चलाते हैं।

इंधन हो रहे हैं कम,
क्यों न चिंतित रहे अब हम।
अगली पीढ़ी के लिए कुछ संसाधन छोड़ जाते हैं।
चलो साईकिल चलाते हैं।

इसके चलाने के फायदे हैं खूब जनाब,
चलती मीलें तक जल्द न होती खराब।
मरम्मत की न फ़िक्र हमें, पड़े जेब पर कम भारी।
दो पैडल के जरिए कुछ पैसे हम बचाते हैं।
चलो साईकिल चलाते हैं।

सड़क दुर्घटना में लाखों लोग रोज़ जान गंवाते हैं,
साईकिल हमें इन दुर्घटनाओं से भी तो बचाती है।
दिमाग रखती ये चुस्त और सेहत तंदुरुस्त,
शरीर की फुर्ती के लिए इसे हम अपनाते हैं।
चलो साईकिल चलाते हैं।

फायदे इतने साईकिल के न पूरे गिना पाऊँगी,
इन्हें गिनाते-गिनाते मैं थक जाऊँगी।
मूर्ख नहीं जनता बस थोड़ा इतराती है,
जाने क्यों साईकिल चलाने से ये कतराती है,
हर उम्र की यह साथी है, मिलकर लुप्त उठाते हैं।
चलो साईकिल चलाते हैं।

श्रीमती विभा यादव
पत्नी सार्जेंट सुबोध कुमार
वायु सेना स्टेशन
बक्शी का तालाब



,lk fe= dgk°l yk≈

कहाँ खोजू मैं उसको, किसके दरवाज़े पर जाऊँ,
जो मेरे चावल खा जाए ऐसा मित्र कहाँ से लाऊँ
जीवन की इस कठिन डगर में, दोस्त हजारों मिल जाते हैं।
जो मतलब पूरा होने पर, अपनी राह बदल जाते हैं
हरदम साथ निभाने वाला, साथी ढूँढ़ कहाँ से लाऊँ।

जो मेरे चावल खा जाए
ऐसा मित्र कहाँ से लाऊँ।

हार सुनिश्चित मालूम थी पर, साथ न छोड़ा दुर्योधन का
मौत सामने आई फिर भी, पैर पीछे न हटा कर्ण का
मित्रों पर जो जान लुटाए, कहाँ खोजने उनको जाऊँ।

जो मेरे चावल खा जाए
ऐसा मित्र कहाँ से लाऊँ।

दुख बर्यौ करने पर जो आये, वे तो साथी कहलाते हैं,
मन की बात समझ जाये जो, वे ही मित्र कहलाते हैं
जिनसे मन के तार जुड़े वो, किस कोने से ढूँढ़ के लाऊँ।

जो मेरे चावल खा जाए
ऐसा मित्र कहाँ से लाऊँ।

कविता सुनकर मियाँ जी बोले, क्यों नाहक ही चिन्ता करती हो
जो घर में ही हाजिर है, उसे क्यों बाहर तकती हो।
मैं ही तो हूँ कर्ण तुम्हारा, और कृष्ण भी मैं ही हूँ।
अंधकार में साथ न छोड़े, वह परछाई मैं ही हूँ
मुट्ठी में जो चावल है, मुझको दो मैं खा जाऊँगा
अगले सात जन्म की खातिर मित्र तुम्हारा बन जाऊँगा।

श्रीमती श्रद्धा शुक्ला
पत्नी सार्जेंट एम के शुक्ला
ए एफ एल सी
द्वारा 6 विंग वा से



The Dilemma of The Right and The Correct

Life was settled. I was a working woman, a permanent teacher in The Air Force School (TAFS) and I truly loved my job. It gave me great pride and an identity. Though there were times when I would crave for a break- a break from Delhi, break from the pollution and break from the children but as they say, be careful what you wish for, God may just grant it. Hubby darling picked up his rank. I was so proud of him. I was pleased with this news, until the man of the house came and announced that we were posted to Hasimara.

Hasimara, is a sleepy town in the East and is closer to Bhutan than any other town in India. The only two schools there are the Air Force School and the Kendriya Vidyalaya. My bubble had burst. My son was in 11th Std, in Science stream, in Mount Saint Mary's School. How was I to uproot him and take him miles away, to a place away from anywhere and everywhere? I was caught between the devil and the deep sea. I wanted us to be a family, together as a unit, but I was also worried about the impact it would have on my child. And there was also the matter of resigning from my job - my identity. It was perhaps the most difficult decision I had ever made as a wife, as a mother and a woman. What was right and what was correct? Who was the judge?

After a lot of thought, well-meaning diverse advice from friends, seniors and family and arguments in my own head, I finally decided to take the plunge and moved to Hasimara. We were welcomed by the Hasi family with open arms. There was a lot of positive energy surrounding me, but I could also sense curiosity in everyone I met. What woman would uproot a child in Class 11 and come to Hasimara. Some snickered behind our backs, while others openly made me feel



miserable as a mother, for gambling with my child's future.

The funny thing was, that everyone had an opinion and I had to stand there facing them all, smiling and sounding convinced, while self-doubt overwhelmed me at times. I did not have all the answers, but the one thing I knew with conviction was that I had to keep my family together. That single minded determination had been the driving force behind my decision.

As the First Lady of the station I used my energy and my experience in educating and empowering the Sanginis. The Sangini corner is one such endeavour. It is a food joint, run exclusively by Sanginis. Not only did it provide a source of income to some of them, it also became a popular haunt in the evenings for the families, children and the youngsters. The play school Bubbles is my pet project. It is also where I found my identity. I have tried to utilise my experience as a teacher, to make the play-school a stepping-stone for the young ones of Hasimara.

And as for my son, I feel he has grown in the last two years, in more ways than one. Away from the distractions of Delhi, he has become more focused and

independent. He has learnt to study on his own. He has also become more analytical and mature. His subtle inputs at home have inspired the man of the house, to provide value addition to the Air Force School and Kendriya Vidyalaya. Since life has been slow paced, we as a family have bonded. We share stories every evening and anecdotes of the day. The fact that the boy has done well in competitive exams, proves that it is not the place, but the hard work put in by the child that makes all the difference. It is a win-win for me as a mother.

The monsoons of Hasimara indeed give everything a new lease of life. Now almost two years later, I look back and I know that as a family we have become stronger. In the end, my decision to stay together as a family, made me a part of a larger and more vibrant Hasi family.

Mrs Anita Mann
W/o Air Cmde JS Mann VM
16 Wing AF



fitk ge vke l [kk] cukrh gfl

हमारे महान देश की रक्षा के लिए हमारे सैनिक मुस्किल परिस्थितियों में रह कर भी हँस कर अपना फर्ज निभाते हैं। इन्हीं जवानों का हौसला बढ़ाती है इनकी पत्नियाँ। घर से मीलों दूर एक नई जगह के मुश्किल सफर को न सिर्फ आसान बल्कि बहुत ही प्यारा और यादगार बनाती है अफवा, अगर हम अपने पतियों का हौसला बढ़ाते हैं तो हमारा हौसला बढ़ाती है अफवा।

अफवा एक परिवार है जहाँ हमे अपने घर की तरह ही स्नेह, हिम्मत और साहस मिलता है। यहाँ पर भी मुझे घर की तरह ही बहने मिली है। अफवा हमे आत्मनिर्भर बनाने के लिए क्या-क्या नहीं सिखाती जैसे सिलाई, कढ़ाई, खाना बनाना, बेकरी, पार्लर, संगीत, नाच गाना और तो कसरत/योगा तक हमे सिखाई जाती है। अफवा की मीटिंग में हम एक दूसरे को साथ न केवल ज्ञान बाँटते हैं बल्कि अपनी हँसी खुशी और दुख दर्द भी बाँटते हैं। देश के अलग-अलग प्रांतों से आने वाली संगनियों, अलग-अलग भाषा वेश भूषा वाली संगनियों, अफवा में आकर एक साथ एक बड़े परिवार की तरह रहना सीखते हैं।

अफवा हमे हमारे पंख फैलाने का हौसला देती है। मेरी बेटी एक डॉक्टर है, लेकिन CPR देकर आपातकालीन स्थितियों में किसी मरीज की जान बचाना अफवा ने मुझे सिखाया। बात यह नहीं है कि मैंने CPR सीखा, बात ये है कि अफवा ने मुझे हिम्मत दी कि मेरी जैसी आम महिला भी CPR देकर किसी की जान बचाने जैसा खास काम कर सकती है। यही पर मुझे घर पर आग लग जाए तो क्या करना चाहिए, आग ना लगे इसके लिए रसोई में क्या-क्या सावधानियाँ बरतनी चाहिए सब बताया जाता है। आप को अपने दाँतों का कैसे ख्याल रखना चाहिए, स्तन कैंसर की जाँच जैसी चीजे खेल-खेल में बताई व कराई जाती है।

शायद अफवा से मिला स्नेह और साहस ही है कि आज मुझे अफवा के किसी कार्यक्रम में न जाना ऐसा लगता है जैसे मेरा अपने ही घर परिवार का कोई कार्यक्रम छुटने जैसा लगता है।

श्रीमती मंजु यादव
पत्नी वा अ एस एस यादव
27 विंग वा से



The Woman You Really Are

Dear Sanginis, this one's for you...

There's the woman you were taught you should be... and the woman you really are.

The woman you were taught you should be is always on top of her game, and never makes a mistake.

"Everything she makes is magic. Nothing she creates is mediocre"

She takes care of everyone and everything - never letting a responsibility slide. She's the perfect mother, lover, friend, sister, daughter and partner. There's no area of her life that she doesn't have a handle on.

"She does not exist. She is not real"

She's a pillar of perfection... because she's a work of fiction. She is fierce and loving, scared and strong, ordinary and flawed yet beautiful.

"She's on top of her game and muddling through life. All at the same time"

She's smart and pretty, powerful and selfish, kind and dull yet interesting. She makes mistakes every single day.

"She carries shame and guilt from things she has said and done in her life"

She gets upset over things which aren't worth worrying about. She over-analyses and makes things more complicated than they have to be. She's hurt the people she loves.

"She often speaks unkindly about herself to herself"

She sometimes lets people take advantage of her. But she's also wise and able to soothe people's fears with just her presence.

She has natural strengths and gifts which have the ability to transform people's lives.

"She inspires and empowers. Not because of anything she does or achieves. But because of her pure essence"

And everyday she's learning how to speak her truth, own her sovereignty, reclaim her power and love herself exactly as she is. She is a leader, even though she doesn't always believe it.

THE WOMAN YOU REALLY ARE CANNOT BE PINNED DOWN BY ANY DESCRIPTION.

Because unlike the woman you were taught to be, who lives in a world of dualistic absolutes, the woman you really are is a "Wild Mystic Woman".

"She is chaos and order and everything in between, and because of that, she is magnificent"

The woman you were taught you should be is a "Shell of a Woman".

She is the woman that patriarchy would have you be: perfect, predictable, self-denying and controllable.

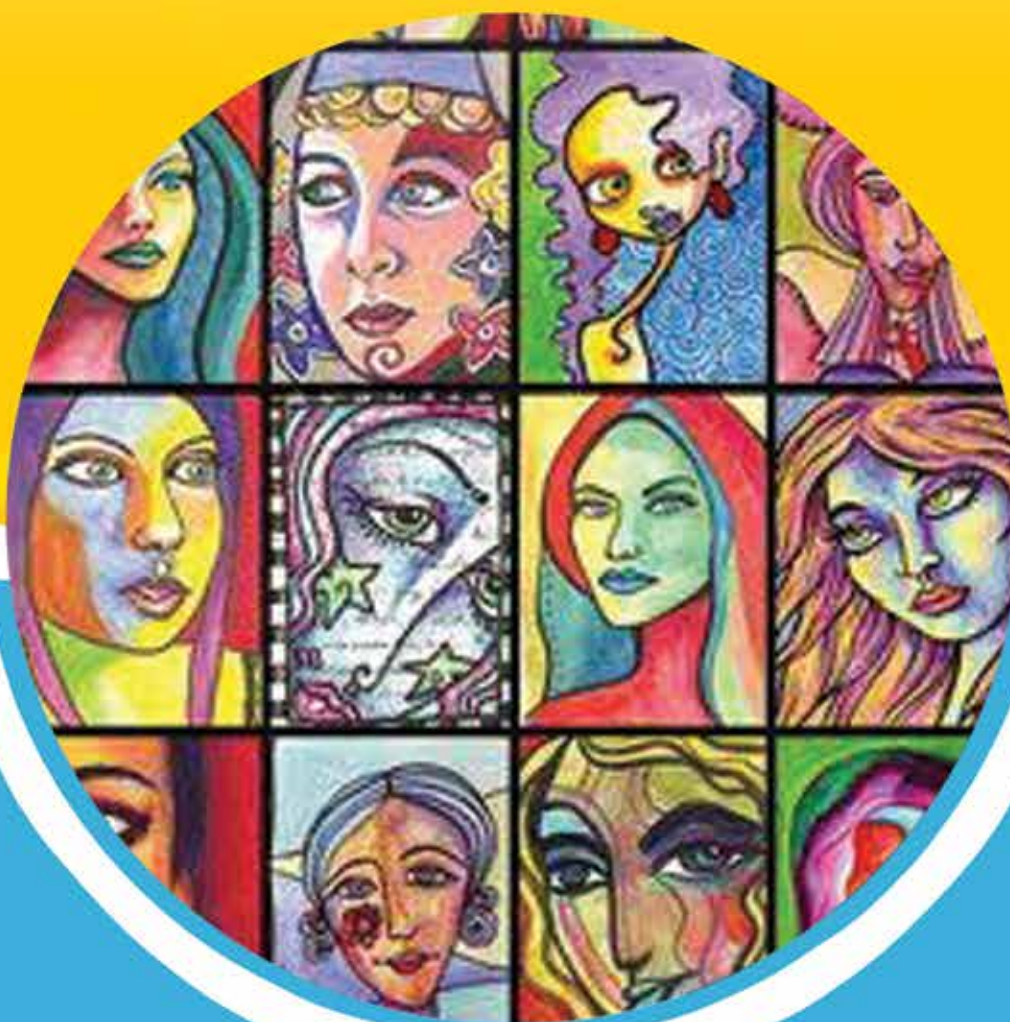
The woman you really are is real: wild in spirit, beautiful in her flaws, ever unfolding, messy, mundane and magical.

Give up the woman you were taught you should be. She is holding you back.

We love you exactly as you are, Wild Mystic Woman.

Big love,

Mrs Archana Singh
W/o Wg Cdr S C Singh
501 SU AF



SOLITUDE

Thrice I would die
For you to be on
My side
For that one more second
With you
I'll bet everything I
Ever occupied.

One more time to see you,
I'll run those thousand miles
For all that I can wish,
I'll ask you as my price.

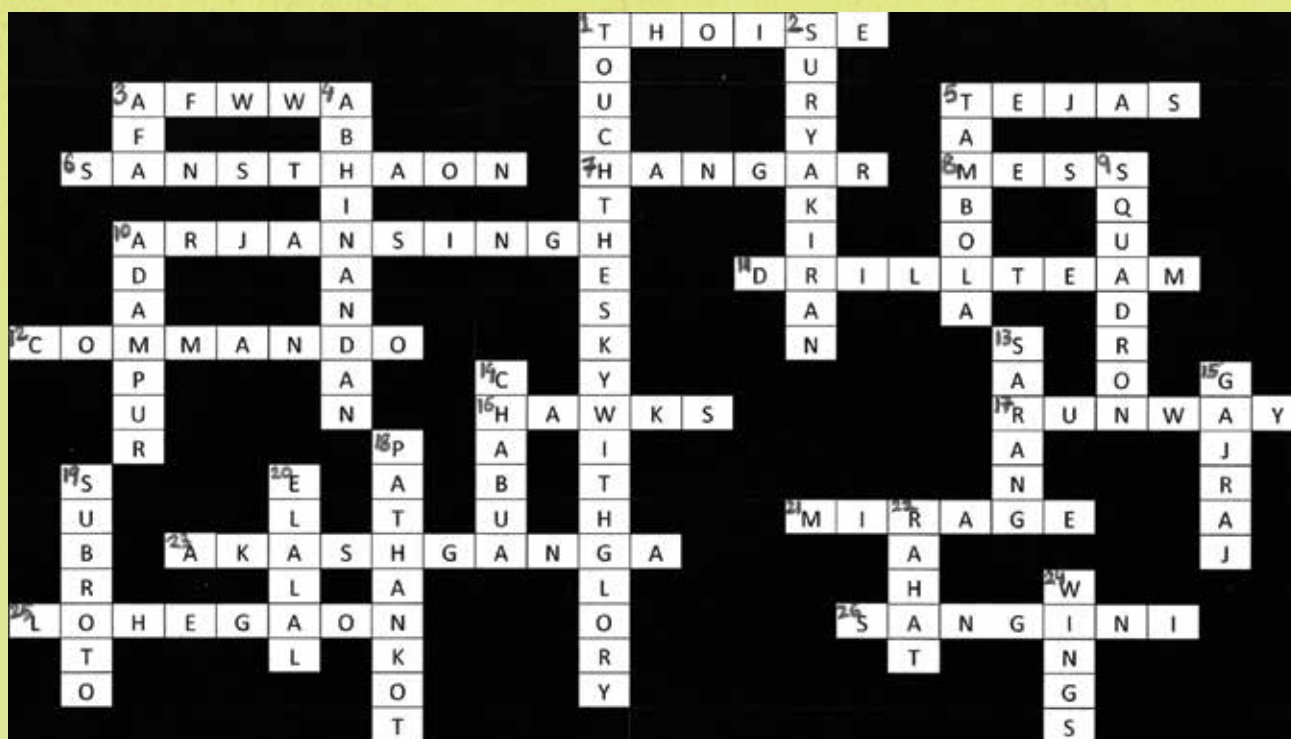
No matter how much I try,
I can't make myself smile
Whenever I look around,
Your memories come to my sight.

In all the fears I had,
Losing you was always high,
But now your memories make me feel,
That separation is tougher to survive.

Flt Lt Arati Yadav
MTI, AF Stn Tambaram



Crossword: Solutions



fn y dh ckr

सब कहते हैं कि फौज तो मौज है
हम कहते हैं, पहाड़ों पर **posting** है, बारिश पुरजोर है,
दिन भर पहाड़ों का मुह तकते हैं, **city life** से मीलों दूर हैं,
दीवारों को घर बनाते हैं, फूलों से, तस्वीर से सजाते हैं
जब लगने लगता है मन तब **posting signal** कहीं और ही
उड़ा ले जाता है

नई जगह का दूध अच्छा नहीं लगता , बार बार चाय बना **sink**
में उड़ेलते हैं, फल और सब्जियां मन मुताबिक नहीं मिलती,
फिर भी सब कहते हैं कि फौज तो मौज है
Latest fashion क्या है हमको मालूम नहीं हम तो अपने
Steel trunks में ही मसरूफ रहते हैं

दिवाली, दशहरा, रक्षाबंधन का रहता खूब इंतजार है
पर क्या कहें ऐन सब मौकों पे हम अपनों से दूर हैं
कभी बड़े तो कभी छोटे घरों में अकेले रहते हैं,
दिन भर बहती छतों की मरम्मत में मसरूफ हैं

छुट्टी कब मिलेगी कब जाएंगे अपने घर, पूरा साल बस यही
इंतजार रहता है घर बदलते, स्वाद बदलते, दोस्त बदलते रहते हैं
पर इस बात का सकून यकीनन है की देश की हिफाजत हम से है
हमीं से है।



श्रीमती जसबीर प्रुथी
पत्नी ग्रुप कैप्टन टी एस प्रुथी
वायु सेना स्टेशन भवाली

MOTHER

God made a wonderful Mother,
A Mother who never grows old,

She made her smile of the Sunshine,
And she moulded her heart of pure gold.

In her eyes she placed bright Shining Stars,
In her checks, fair roses you see,

God made that wonderful mother,
And she gave that dear mother to me.

Mrs Shila Singh
W/o NC (E) RA Singh
605 G Flt
C/o 23 Wing AF



NATURAL BEAUTY TIPS

SKIN TYPE	INGREDIENTS	HOW DOES THIS PACK WORK?
Oily skin	One table spoon Multani Mitti, One table spoon orange peel powder, Half teaspoon honey and rose water.	* Multani mitti helps in absorbing the extra skin oil, and also helps in reducing acne.
Open pores and tanned skin	One small tomato, one tablespoon sugar	* Tomato has astringent properties, that helps eliminate extra oil and shrinks even very large pores. * Tangy tomatoes when used with the right ingredients add an instant glow to the skin. * Sugar and tomato make a powerful spot correction and insta glow face pack. The mild acid in tomato exfoliates the skin and also balances the skin's PH, this brings out a glow in your skin. Sugar also helps in the exfoliation process with its coarse structure. Scrubbing boosts blood circulation to the facial skin resulting in a radiant complexion.
Dehydrated skin	Two table spoons sandal wood powder, two table spoons milk and few rose petals.	* There is a reason why rose is called the queen of flowers. These pretty petals can enhance the natural radiance of your skin. Rose petals are rich in anti-oxidants that rejuvenate the skin and also enhance the skin's elasticity. They also contain Vitamin E that hydrates the skin and improves one's complexion. * Milk acts as a toner and exfoliator since it contains lactic acid, leaving you with glowing skin.
Wrinkled skin	One grated potato, two table spoons raw milk, 3-4 drops glycerin	* Glycerin is highly effective in moisturizing the skin and enhancing its elasticity. * Both potato and glycerin treat wrinkles, reduce dark circles and tighten the skin. Potato also contains natural bleaching agents.
Acne	One table spoon neem powder, two table spoons rose water.	* Neem discourages the growth of acne causing bacteria and inflammation.

Mrs E Chamundi
W/o JWO Radhakrishnan
2 Wing AF



bruh lh ckr

नए स्कूल में पहला दिन — नया शहर, नया घर। 'सब कुछ कैसा होगा।' बारह साल के आर्यमन ने जब मुस्कुरा कर पहली कक्षा के दरवाजे से सबको नमस्ते किया तो उसे लगा कि "इतनी सी बात थी और मैं भी इतने दिनों से परेशान थी।"

रुचि का आज ऐरावत के जाने के बाद ऑफिस में पहला दिन था। दोनों बच्चों को समय पर स्कूल भेजकर, दिनभर की तैयारी कर, जब पापा ने कहा — "वहां ऐरावत नहीं तो क्या, उसकी महक तो होगी।" बस वह चल पड़ी। झिझक गायब। इतनी सी तो बात थी।

सोमेश चला गया रूठ कर। रिजल्ट का इंतजार भी नहीं किया। उसे अम्मा से ज्यादा पापा के नाराज होने का डर था। अब वही पापा दिन में एक बार उसका पहला दर्जा देखकर रोज सोचते हैं, एक बार सोमेश अपना दर्द बता ही देता। इतनी सी बात थी।

द्विपेश रोज गुलाब खरीदने की सोचता। आज प्रिया ने खुद गुलाब प्रिंट का सूट डाला हुआ है। भागकर प्रिया को कहा — "तुम मुझे बहुत अच्छी लगती हो।" प्रिया ने मुस्कुरा कर कहा — "इतनी सी बात कहने में तीन साल लग गए।"

बगीचा सूखा पड़ा था। रोज ही नजरों को सूखापन चुभता, सरोज को जैसे उसके खालीपन की याद दिलाता। आज सुबह से उसने दो माली की मदद से कई पौधे लगाए। अब सुंदर महकते बगीचे का इंतजार है। इतनी सी बात थी।

सुमन ना जाने कब से बयार का इंतजार कर रही थी। तेज हवा के झोंकों से सब उड़ सा जाता। "कटीली झाड़ियां, बाबुल के वृक्ष, नागफनी के पौधे, यही है क्या सब। मेरे दुःखों का अंत ही नहीं।" सुमन ने जब इस रेगिस्तान में अपने को महसूस किया तब वह सिहर गयी। उसके पति सौरभ के आते ही सुमन पर राज खुल गया। जहाँ फूल, वहाँ खुशबु जहाँ सुमन वहाँ सौरभ इतनी सी बात थी।

इंजीनियरिंग के बाद दस साल की नौकरी और अब सफल यूटूबर! पर यह सफर इतना आसान तो ना था। चालीस-पैंतालीस उम्र में सफल "कैरियर" को छोड़कर वह करना जो मन को अच्छा लगे। उतार-चढ़ाव, मन-मुटाव, असफलता, पैसे के बहाव का रुकना, सब गड़बड़ हो गया था। पर कोशिश करने वालों की कभी हार नहीं होती। अब जैसे एक व्यवस्थित रूप में आ गया था। इतनी सी तो बात थी।

श्रीमती नम्रता शेंडेंये
पत्नी एयर कम्पोजर अमिताभ शेंडेंये वीएम
वायु सेना अभिलेख कार्यालय



SMART TAMBOLA

Tambola has been a favourite game at all our ladies gatherings and AFWWA meetings over the years. Whenever we have station AFWWA meeting, tambola is played on popular demand as our love for the game is eternal but so is the confusion associated with it. We all know how difficult it is to make everybody understand

In this, a 'table consisting of numbers 1 to 90' is displayed on screen, which looks like this: →

1	11	21	31	41	51	61	71	81
2	12	22	32	42	52	62	72	82
3	13	23	33	43	53	63	73	83
4	14	24	34	44	54	64	74	84
5	15	25	35	45	55	65	75	85
6	16	26	36	46	56	66	76	86
7	17	27	37	47	57	67	77	87
8	18	28	38	48	58	68	78	88
9	19	29	39	49	59	69	79	89
10	20	30	40	50	60	70	80	90

Now whenever the person conducting tambola calls out a number, she has to click on that particular number in this table. A screen pops up with that number displayed in a large font.

Suppose, number 56 is called out, it will be shown as: →
The number will be visible in full screen to all the audience.



Before calling the next number, she has to click on this number again and the full screen popup will be closed and the number called out will be shown in red colour on the board like: →

1	11	21	31	41	51	61	71	81
2	12	22	32	42	52	62	72	82
3	13	23	33	43	53	63	73	83
4	14	24	34	44	54	64	74	84
5	15	25	35	45	55	65	75	85
6	16	26	36	46	56	66	76	86
7	17	27	37	47	57	67	77	87
8	18	28	38	48	58	68	78	88
9	19	29	39	49	59	69	79	89
10	20	30	40	50	60	70	80	90

Likewise, as the numbers are called out one after the other, they will pop up on the full screen and will be marked in red on the board screen like: →

So, at any given point in time, the players can see all the numbers that have already been called out and they can check and strike out a number in their ticket in case if they have missed any number.

1	11	21	31	41	51	61	71	81
2	12	22	32	42	52	62	72	82
3	13	23	33	43	53	63	73	83
4	14	24	34	44	54	64	74	84
5	15	25	35	45	55	65	75	85
6	16	26	36	46	56	66	76	86
7	17	27	37	47	57	67	77	87
8	18	28	38	48	58	68	78	88
9	19	29	39	49	59	69	79	89
10	20	30	40	50	60	70	80	90

that 'jaldi 7 means all 7 numbers must be in one house' or there is always a confusion between 'fourteen' and 'forty', or 'fifteen' and 'fifty'.

So recently when I was given the responsibility to organize a game of tambola for over 300 sanginis, I knew things could get chaotic if not handled properly. While looking for making things easier, I realized that in all our meetings we always have a computer, a projector and a screen for the AFWWA song and decided to make use of them.

I created an animated program in Powerpoint called 'Smart Tambola'.

In addition to getting rid of all the confusion, it also saves time while checking if the person has claimed correctly. Earlier each number in the claimant's ticket was called out and checked with the board by the person conducting the game. But with the complete board on screen, we can easily check the numbers

in the winner's ticket and this helps, especially when there are multiple claimants for the same prize. We can keep one or two volunteers in the hall and they can quickly check tickets against the board on screen, saving a lot of time.

I also added a couple of slides at the beginning to explain the houses in a ticket, what different prizes like jaldi 7, lines, king's corner, queen's corner, star, etc mean. This way conducting tambola is a lot easier now.

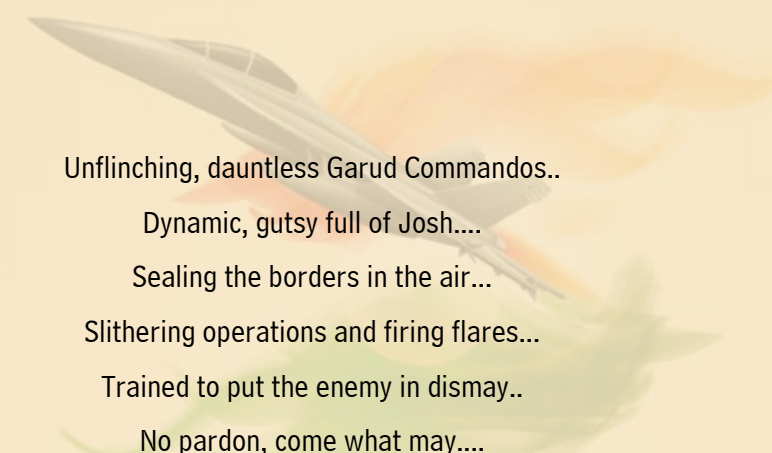
As things around us are getting smarter, we also need to move with time, look for little innovations around us, use available technology and be tech-savvy.

Mrs Himali Joshi
W/o Gp Capt Sachin D Joshi
16 TS, AF Stn Jalahalli



Vayu Shakti

Ready to touch the sky once again...
The Fist of valor is clasped as an adamantine chain....
Reinforced with profound capabilities..
Annihilating the attempts of hostilities...
Accepting the challenges of modern war..
Targets are frightened by the combative Jaguar...
Enemies are intimidated when the fighters fly...
Soaring 'Baaz' and penetrating SU30MKI...
Dropping bombs and launching missiles...
Vigilant on mission Air warriors agile...
Bison, Mirage and Pilatus...
Hawk, Hercules and Tejas...
OSA, IGLA and Pichora...
Chetak, cheetah and Rudra..



Unflinching, dauntless Garud Commandos..
Dynamic, gutsy full of Josh....
Sealing the borders in the air...
Slithering operations and firing flares...
Trained to put the enemy in dismay..
No pardon, come what may....
Empowering the endeavors day by day..
Evil eyes will get only anxiety and worry..
When the Fist of Iron will touch the sky with glory....

Mrs Sindhu Gupta
W/o CPL Santosh Gupta
757 SU AF



AN EVENING WALK

As I reach the bend in the road
 My speeding gait, underneath my not so light load
 Sturdy shoes crunching over dry autumn leaves
 Strewn all over the earth, as in the wind every tree heaves.
 Above my head a clear blue tranquil sky
 Which my enthusiastic young friends affirm
 Someday they in their planes
 Will fly....

Embroidering this clear blue sky is the virgin white of the powder puff clouds
 Like milky white sheep herded together-in flocks, or people milling in crowds
 My gaze moves below as I stir myself from the sight above
 My feet travel upon the red crunchy gravel

The red earth beneath is fragrant with the flowers strewn
 Decorated with numerous fallen leaves in variegated hues
 All around the all-embracing beautiful trees
 On their branches a symphony of birds

I wonder if this is all a dream or actuality....
 The sun slowly crawls below the horizon
 Time to retrace my steps

Homeward bound I sigh deeply and regretfully
 Bid farewell to this breathtaking sight
 It has been an exhilarating experience
 This simple evening walk

Unforgettable unparalleled
 And forever that shall be engraved
 In my mind
 Soul and spirit....

Mrs Sajina S
 W/o Sgt KV Rajeech
 2217 Sqn C/o 5 FBSU AF



dVkjey l;efnj

श्रीमती पूर्णिमा बिष्ट
पत्नी कॉर्पोरल जी एस बिष्ट
337 टी आर यू
द्वारा 6 विंग वा से



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ijk lo% ;nHkn rUuMkllo%AA

भारत में स्थापित सूर्य मंदिरों में कोणार्क का सूर्य मंदिर सर्वाधिक प्रचलित है। किन्तु उत्तराखण्ड में स्थापित कटार सूर्य मंदिर स्थापत्य एवं पौराणिक दृष्टि से अपनी अलग पहचान रखता है। पुराणों के अनुसार सतयुग में असुरों का आतंक बढ़ जाने के कारण उस समय के द्रोणागिरी पर्वत (आधुनिक दुनागिरी), कषाय पर्वत (आधुनिक कसार पर्वत) और कजार पर्वत की कन्दराओं में रहने वाले ऋषि मुनियों ने कोशिकी नदी (आधुनिक कोसी नदी, उत्तराखण्ड) के तट पर आकर सूर्य देव की स्तुति की, जिससे प्रसन्न होकर सूर्य देव ने अपने दिव्य तेज को वटशिला में स्थापित किया, बाद में इसी वटशिला पर कत्यूरी राजवंश के शासक कटारमल ने बड़ा दिव्य मंदिर स्थापित नामक तीर्थ स्थान के रूप में कटारमल सूर्य मंदिर के नाम से प्रचलित हुआ।

कटारमल सूर्य मंदिर उत्तराखण्ड के अलमोड़ा जिला मुख्यालय से 17 कि.मी की दूरी पर स्थित है। समुद्र तल से 6942 फुट पर स्थित कटारमल सूर्य मंदिर का निर्माण छठी से नौवी शताब्दी में हुआ था। इसके मुख्य मंदिर के शिखर को देखकर इसकी विशालता व वैभव का अनुमान स्पष्ट होता है, मुख्य मन्दिर के आसपास 45 छोटे बड़े मंदिरों का समुह भी बेजोड़ है। वर्गाकार चबूतरे पर स्थापित मुख्य सूर्य मंदिर में सूर्य प्रतिमा घोड़ों सहित रथ पर विराजमान है। छोटे मंदिरों के भीतरी सिरों पर सूर्य चक्र उकेरा गया है। कई मन्दिरों के बाहरी द्वारों पर नृत्य करती नृत्यांगनायें साक्षात् प्रतीत होती है। मुख्य मंदिर में लगे विशाल शिलाखण्डों को देखकर आश्चर्य होता है कि उन्हें पर्वत शिखर पर स्थापित तथा सूर्य मंदिर के शिखर तक पहुंचाया कैसे गया होगा। लोक किंवदन्तियों के अनुसार कटारमल सूर्य मंदिर का निर्माण एक रात में किया गया था।

कुछ समय पूर्व तक राज्य सरकार की उपेक्षा के कारण यहां पर्यटकों के आने का कठिन चढ़ाई युक्त मार्ग ही उपलब्ध था। किन्तु अब उत्तराखण्ड सरकार द्वारा यहां तक पहुंचने के लिए मोटर मार्ग की व्यवस्था उपलब्ध करा दी गई है। रेल मार्ग द्वारा काठगोदाम तक उसके बाद काठगोदाम से अलमोड़ा से टैक्सी द्वारा कटारमल सूर्य मंदिर तक पहुँचा जा सकता है।



वक्त बदल जाएगा

होठों पर ले मुस्कुराहट और गम को हो घबराहट
 वक्त की क्या औकात जो हराएगा, वक्त बदलता है बदल जाएगा ।
 कर लो दोस्ती वक्त से, कर्मठता से, ईमानदारी से,
 मेहनत से, अनुशासन से, वीरता से, धीरता से,
 हर पल गंभीरता से, पल में बदल जाएगा
 वक्त की क्या औकात जो हराएगा, वक्त बदलता है बदल जाएगा ।
 माना तुमसे दूर है तुम्हारी मंजिल, चलते चलो आगे मिलेगी
 अड़चन बहुत है मंजिल में, बाधा लांघकर तो ज़िंदगी खिलेगी
 लेकिन तुम अपने पर विश्वास रखना, बुरा वक्त भी कट जाएगा
 वक्त की क्या औकात जो हराएगा, वक्त बदलता है बदल जाएगा ।
 रुकावटें हजार हों, समय का प्रहार हो, प्रचंड वेग प्रलाप हो
 जो रोकती है राह को, रुको नहीं डटे रहो, रोग हो संताप हो
 वक्त का पहिया घूम कर एक दिन तेरे पलड़े में आएगा
 वक्त की क्या औकात जो हराएगा, वक्त बदलता है बदल जाएगा ।
 वक्त भी खुद आकर एक दिन तेरे संग खुशियाँ मनाएगा
 मिट जाएगी उदासी तेरी, चेहरा भी खिल जायेगा
 होठों पर मुस्कुराहट हो, न गम हो न घबराहट हो
 वक्त की क्या औकात जो हराएगा, वक्त बदलता है बदल जायेगा ।

श्रीमती सीमा रानी
 पत्नी कॉर्पोरल अजनवीन
 62 सांकेतिक इकाई वा से



AIR FORCE WIVES

We have lovingly chosen the men in blue
We are the proud wives of the Air Warriors.

Our courage has no limits,
Our josh knows no barriers.

Some of you stay on the ground,
Some of you go out and fly.
But our domain extends to
The limits much beyond the sky.

We take care of our responsibilities
And happily deal with the daily grind.
So that you carry out the duties
With an absolutely clutter-free mind.

At home we're hostesses, nurses and teachers
At Parties we're event managers, all rolled into one.
Though we wear no ranks or give salutes
Our jobs are stiff and are second to none.
Frequently we change the bases
Like our clothes we change places.
Truckloads of luggage we have but we know
How to live for months out of suitcases.
Did you say AF guys are the toughest people
That you've seen in your lives?
Well, that's only partly true....
Wait till you see us, the AIR FORCE WIVES!!

Mrs Subhra Chaturvedi
W/o Gp Capt S Chaturvedi
5 Wing AF



Ephemera

Packed boxes, empty shelves,
Every corner a memory lane.
Day by day time trickles,
Years go by like the rain.

Each room has an untold tale,
Little secrets hidden here and there.
Every place has a memory to share,
The laughter ringing everywhere.

Candle lights floating in the sea,
A source of calm to the soul.
Sunsets from the balcony,
Like a painted picture and more.

Time passes and all is temporary,
What was yours has to be given away.
To accept change is all you do,
Keeping emotions at bay.

What was a home,
Is an empty house.
What was routine,
Are memories now.

A new place awaits you,
To turn a house into a home,
New memories to make,
And places to roam.

Life is a journey,
With various pit stops,
Make each indelible,
To fill the memory box.

Mrs Mayurika Nautiyal
W/o Sqn Ldr Umang Nautiyal
FIS, AF Stn Tambaram



वायु सैनिक की पत्नी

“Touch the sky with glory” इससे प्रभावित होकर,
एक वायु सैनिक के प्यार में पड़ गई ये गोरी ।।

दे दिया दिल मैंने फौजी को डाल दी वरमाला ।
शादी होते TD - लग गई सूरतगढ़ कभी अंबाला ।।

TD - किस सौतन का नाम है ये तो मुझको समझ न आई ।
नए-जीवन की नई सुबह मुझको कोई खास न भाई ।।

TD - से आते ही बोले आज नाइट फ्लाइंग क्लब अर्ली पार्टी है जाना ।
डार्लिंग तुम याद करके 4 बजे का अलार्म लगाना ।।

मैं थोड़ी हैरान हुई, थोड़ी सी परेशान हुई, कैसी यह परिपाटी है ।
नाइट में फ्लाइंग यहाँ और सुबह में पार्टी है ।।

अगली बार जब पार्टी हो मुझको जरा जल्दी बतलाना ।
पार्टी के लिए मुझे भी तो है अपने को सजना- संवारना ।।

पति मुस्कराए मुझे सीने से लगाए, ड्यूटी समझाए ।
वायु सेना और अफवा का मुझे सच्चा रूप दिखाए ।।

बदल गई अपनी दुनिया ऐसा यहाँ परिवार मिला ।
डरी - सहमी सकुचाई नारी में आत्मविश्वास भर डाला ।।

अब तो अफवा मीटिंग की मस्ती हो कम्प्यूटर क्लास की शिक्षा हो ।
पेंटिंग क्लास की कला और संगीत - डांस की दीक्षा हो ।।

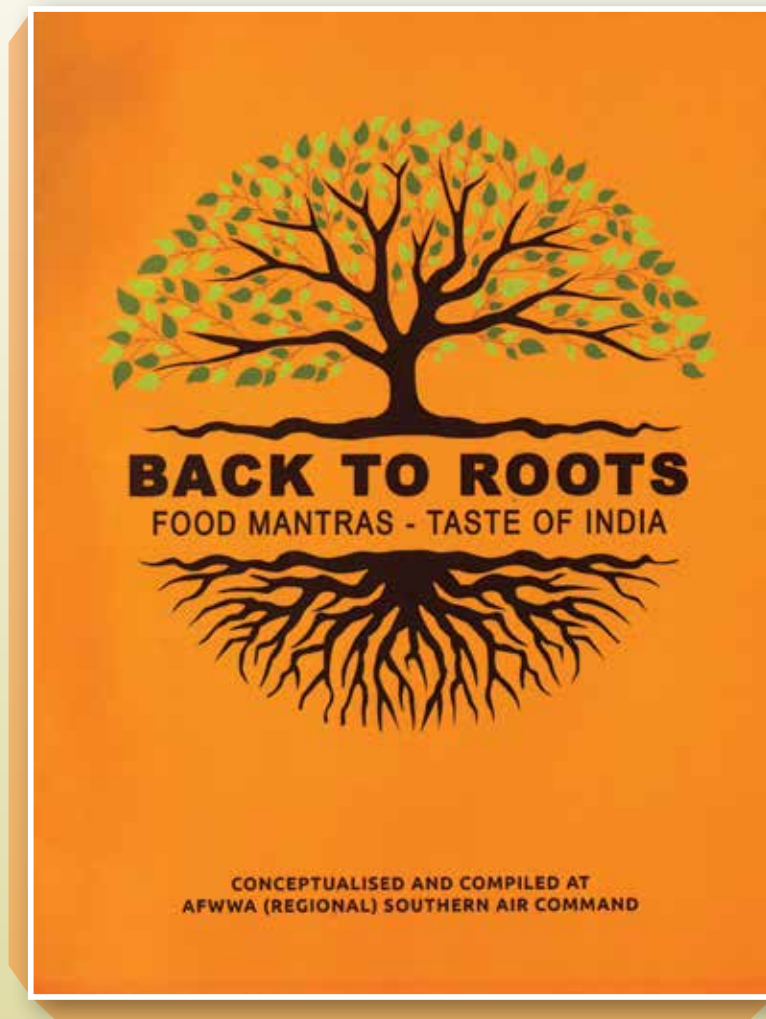
टेलरिंग क्लास की सीख ने जीवन अपना बदल डाला ।
अफवा के ब्यूटी पार्लर में मुझे मॉडर्न बना डाला ।।

खुशनुमा हैं हम बहुत ऐसा खुशनुमा परिवेश मिला ।
वारी जाऊँ अपने पिया पर, वायु सैनिक पति मिला ।।

श्रीमती गीता द्विवेदी
पत्नी जू वा अ अनूप कुमार द्विवेदी
वायु सेना स्टेशन ताम्बरम



Recipes4U



 In our recipe section we present an initiative of the AFWWA(R) SAC, Trivandrum. Mrs Radha Suresh, President AFWWA (R) SAC writes in the Foreword to the book, "The USA is waking up to turmeric latte, fennel tea and cinnamon tea...moringa, rice konjee and coconut oil which had been our staple before the arrival and invasion of fast foods and olive oil".

A book 'Back to Roots Food Mantra-Taste of India', compiling all the wonderfully healthy recipes traditional to our country has been released by the Sanginis of SAC. Our eating habits changed from that of our forefathers. From millets and grains, traditional curries and rice we switched to pastas, pizzas and burgers. But the winds of change blow again and this time they take us back to our roots, to our traditional knowledge, to healthier living and cooking. The book has a number of healthy recipes for salads, Main dish, Pickles, Immunity Powder, Desserts, Mouth Fresheners, Healthy drinks, Infusion detox water and much more. A few of the recipes from the book are included alongwith other traditional recipes sent by our Sanginis.



Moringa Curry

INGREDIENTS:

Arhar/Moong dal	:	1/3 Cup
Moringa Leaves	:	1 Cup
Jeera	:	1/2 tsp
Ghee	:	for tempering
Coconut	:	2-3 tbsp

METHOD:

- Boil the dal.
- Add the moringa leaves and cook for 05 mins.
- Grind coconut, little jeera & green chillies.
- Add the coconut to the dal. Cook till it boils.
- Heat the ghee and garnish with mustard seeds, red chillies & hing.

Notes:

- Moringa leaves can also be added to normal Tadka dal or Moong Dal as it has a neutral taste.
- Chopped Moringa leaves can be added to dough of any roti to make it more nutritious.
- Moringa leaves can be dried and powdered and stored in bottles.

Mrs Radha Suresh
President AFWWA(R)
HQ SAC IAF



Little Millet Upma



INGREDIENTS:

Little millet	-	1 cup
Water	-	2 cups
Onion	-	1 big (finely chopped)
Ginger	-	1 inch
Green chillies	-	2 (finely chopped)
Carrot	-	1 (finely chopped)
Beans	-	6 (finely chopped)
Potato	-	1 (finely chopped)
Curry leaves	-	1 sprig
Coriander	-	to garnish
Salt to taste		

For tempering

Urad dal	-	1/4 tsp
Chana dal	-	1/2 tsp
Jeera	-	1/2 tsp
Coconut oil	-	4 tb spn

METHOD:

Wash the millet.

Dry roast it in kadai for 5 min.

In a kadai heat oil and add tempering ingredients.

Add finely chopped ginger, onion, green chillies sauté for 02 min.

Add chopped veggies, curry leaves and sauté well.

Now add water and allow it to boil.

Add salt and millet to the boiling water, keep stirring on medium flame.

Cover and cook for 10 min. (Keep checking in between)

Switch off the gas and garnish it with coriander leaves.



Mrs Vijayalakshmi Venkataramanan
W/o Wg Cdr V Venkataramanan
HQ SAC IAF





Ragi Samosa

INGREDIENTS:

Ragi Flour	-	220g
Water	-	120 ml
Ajwain	-	1/2 tbsp
Salt	-	To taste
Ginger	-	5g
Green Chilli	-	1
Cashew & Raisins	-	20g
Cucumber	-	2 Nos
Turmeric powder	-	1/2 tbsp
Coriander & Mint leaves-		Few sprigs
Potatoes	-	25g (boiled)
Peas	-	40g (boiled)
Canola Oil	-	250ml



METHOD:

- Sift ragi flour in a ceramic bowl, add water and mix well to have the consistency of a pancake batter.
- Cook the batter in microwave for 30-40 sec. Remove from the microwave and allow it to cool.
- Knead semi-hard dough by adding more ragi flour, ajwain and salt, then let it rest.
- Heat a pan, sauté cumin until it begins to sizzle. Add ginger, green chillies, cashew nut and raisins.
- Cook for another 1-2mins. Quickly add chopped cucumbers, turmeric powder, boiled peas, potatoes to the pan.
- Mix everything well and sauté for 3-4 minutes. Season with salt.
- Add fresh coriander and mint leaves.
- Set aside to cool down for later use.
- Divide the dough in to small circles and then flatten it to oval or oblong shapes and cut in to half. Smear water over edges and join them to make a cone. Fill the cone with mixture and close the edges.
- Grill the samosas or bake it for 20 mins until done. Serve with tamarind or mint chutney.

Mrs Devindra Chandel
W/o Wg Cdr Anil Kumar Chandel
29P&S (U) HQ SAC IAF





GREEN PEAS DAL

Ingredients:-

Green Peas (shelled)	-	1 cup
Green chilies	-	3-4
Ginger	-	1 inch
Garlic	-	3-4cloves
Green coriander	-	1/4cup (chopped)
Green onion and garlic (optional)	-	2-3 strands
Ghee/oil	-	2 tbsp
Cumin seeds	-	1/2 tbsp
Asfoetida	-	A pinch
Bay leaves	-	1-2
Tomato	-	1 medium sized
Onion	-	1 medium sized (finely chopped)
Coriander powder	-	2 tbsp
Cumin powder	-	1/2 tbsp
Pepper powder	-	1/4 tbsp
Salt	-	to taste

Method:-

Coarsely grind all the green ingredients (ginger, garlic, chilies, coriander, and onions) in a mixer without adding water.

Heat ghee/oil in a thick bottom pan, add a pinch of asafoetida, cumin seeds and bay leaves. As the cumin seeds crackle, add finely chopped onion and sauté till translucent. Add chopped tomato, coriander, cumin and pepper powder and cook till tomato softens. Add the ground peas mixture and salt to taste and cook this mixture on medium flame, stirring continuously till the mixture leaves oil.

Add 2 and ½ cup of water and let it simmer on a low flame for about 15 minutes. When the oil starts floating on top, this is an indication that the dal is done. Serve hot with a generous topping of ghee.

Mrs Anupama Page
W/o Gp Capt HJ Page VM
AF Stn Chabua



Fruity Orange Lemonade

Lemonade Base:

Mint leaves	-	3/4 cup
Lemon Juice	-	1/3 cup
Salt	-	1/2 tsp
Dry ginger powder	-	1/2 tsp (optional)
Water	-	1/2 cup

Orange Juice:

Orange	-	01 (peeled & deseeded)
Water	-	01 cup
Ice Cube	-	04
Honey/Sugar	-	to taste

METHOD:

Put all ingredients of lemonade base in a blender.

Blend the ingredient till incorporated well.

Bottle it & refrigerate.

Make a fresh orange juice by blending all ingredients of orange juice.

To assemble the Orange Fruity Lemonade take a glass, fill 1/4 of it by 'lemonade base' now pour the fresh orange juice. Mix well and garnish it with mint leaves.

Notes: Orange juice can be substituted by fresh strawberry/green grapes or watermelon.

Mrs Smita Singh
W/o Gp Capt VP Singh VM
HQ SAC IAF



Meethe Chawal

A simple sweet recipe made with rice and jaggery. I made this recipe of meethe chawal for Holi... Try and let me know how you like it.

Ingredients:-

Rice	-	2 1/2 Cups
Jaggery	-	3 Cups
Milk	-	1/2 Cup
Ghee	-	8 tbsp
Dry Fruits	-	1 1/2 Cups
Carrot (Grated)	-	3 Cups
Coconut	-	1/2 Cup
Green Cardamom	-	6
Saunf	-	2 tbsp
Nutmeg	-	1 Pinch

Method:-

1. Wash rice properly and soak it for one hour.
2. Soak jaggery in 2 cups of warm water
3. Chop dry fruits, grate carrots and coconut
4. Warm 4 tablespoon of ghee. Crush green cardamom and add it to ghee. Add saunf to this and mix thoroughly.
5. Put nutmeg powder and dry fruits in it and fry for some time. Add coconut and carrot and fry for another two minutes.



6. Add soaked rice (without water) and mix with a light hand so that the rice does not break.
7. Cover the pot and cook on a slow heat for 10 minutes so that rice is semi cooked. Add jaggery syrup and two tablespoons of ghee.
8. Cover the pot and cook on for slow heat for another 15 minutes. Switch off the gas. Leave the pot on the gas stove for some time. Your Meethe Chawal is ready.
9. Garnish with dry fruits.
10. Enjoy!

Note: If you like less sweet, you can reduce the quantity of jaggery

Mrs Ruchi Chandra
W/o Gp Capt KR Chandra
26 Wing AF



cMeh&iMh

सामग्री :-

2 कप आटा, 1/4 कप उड़द दाल, स्वादानुसार नमक, एक छोटी चम्मच लाल मिर्च, एक छोटी चम्मच जीरा, एक छोटी चम्मच सौंफ, आधा छोटा चम्मच गरम मसाला, एक बड़ा चम्मच बेसन।

विधि :-

सर्वप्रथम 4-5 घन्टे के लिए दाल को भिगो दें उसके बाद भीगी हुई दाल को दो हरी मिर्च और थोड़ी-सी अदरक के टुकड़े के साथ दरदरा पीस लें। इसके बाद कड़ाही में तेल गर्म करें और थोड़ा-सा लाल मिर्च, जीरा, सौंफ, नमक और बेसन डालकर भून लें। बेसन भुनने की खुशबू जब आने लगे और बेसन भुन जाए तो उसमें पिसी दाल डाल कर उसे भी भून लें और जब वह सूखी हो जाए तो उसे ठन्डा करने के लिए रख दें।



इसके बाद 2 कप आटा को थोड़ा-सा नमक और तेल डालकर मुलायम आटा गूँथ ले। अब कड़ाही में पूरी तलने के लिए तेल डालें। इसके बाद आटे की छोटी-छोटी लोइयां बनाकर उसमें भूनी दाल भरकर छोटी-छोटी पूरियाँ बनाकर धीमी आँच पर कुरकुरी होने तक पकाएँ। लजीज बेडमी पूड़ी तैयार है। इसको आलू की सब्जी के साथ खाएँ।

श्रीमती संध्या दीक्षित
पत्नी जू वा अ अजय दीक्षित
वायु सेना स्टेशन ठाणे



अंकुरित दाल टिक्की

सामग्री:-

- | | | |
|---------------------|---|--------------|
| अंकुरित मूंग | — | 1 कप |
| उबले काले चने | — | 1/2 कप |
| अंकुरित मेथी दाना | — | 1 बड़ा चम्मच |
| लो फेट पनीर | — | 50 ग्राम |
| बारीक कटी हरी मिर्च | — | 02 |
| कद्दूकस किया अदरक | — | 2 बड़े चम्मच |
| भुने चने का पाउडर | — | 2 बड़े चम्मच |

चाट मसाला, अमचूर पाउडर, नमक, मिर्च स्वादानुसार।

टिक्की सेकने के लिए तेल 02 छोटे चम्मच।

विधि:-

अंकुरित मूंग को दो मिनट के लिए भाप में पकाएं ताकि मुलायम हो जाएं। उबले चने व अंकुरित मूंग को मोटा-मोटा पीस लें। इसमें ऊपर लिखी सभी सामग्री मिलाएं। नॉनस्टिक तवे पर चिकनाई लगाकर मिश्रण से छोटी-छोटी टिक्की बनाकर सेकें। इनको चटनी या सॉस के साथ सर्व करें।



श्रीमती कमला सिंह
पत्नी जू वा अ विनोद कुमार सिंह
अग्रवर्ती मुख्यालय पश्चिम वायु कमान (जयपुर)



चटनी ही चटनी

vkoyk & gj Ėkfu, dh pVuh



सामग्री :-

आँवला	—	2
हरा धनिया	—	50 ग्राम
हरी मिर्च	—	4-5
जीरा	—	2 चम्मच
लहसुन	—	5-6 कली
नमक	—	स्वादानुसार

विधि :-

आँवले को काट लें। कटे हुए आँवले, हरे धनिया, मिर्च जीरे व लहसुन को मिक्सर के जार में डालें और उसमें स्वादानुसार नमक डालकर पीस लें। इसके बाद चटनी को एक कटोरी में डालकर रख लें। इस चटनी को अरहर की दाल और पुलाव के साथ जरूर आजमाएँ।

I;kt&yglu o VekVj dh pVuh

सामग्री :-

प्याज	—	2 (मध्यम आकार)
लहसुन	—	8-10 कली
टमाटर	—	3 (मध्यम आकार)
करी पत्ता	—	10-15

जीरा	—	1 चम्मच
राई	—	1/2 चम्मच
नमक	—	स्वादानुसार
रिफाइंड तेल	—	4 चम्मच

विधि :-

टमाटर व प्याज को लंबे आकार में काट लें। एक कड़ाही को गरम करके उसमें 2 चम्मच रिफाइंड तेल, जीरा व हींग डालें। उसके बाद कटे हुए टमाटर-प्याज के साथ लहसुन को डाल कर अच्छे से फ्राई करें। ठंडा होने के बाद मिक्सर में बारीक पीस लें। इसके बाद एक कड़ाही में 2 छोटे चम्मच रिफाइंड तेल डालें और उसमें पीसी हुई सामग्री डालकर करी पत्ता व राई के साथ तड़का लगाएं। चटनी को थोड़ी देर तक पकाएं। यह चटनी डोसे व मोमोज़ के साथ स्वादिष्ट लगती है।

इसको बिना मिक्सर में पीसे भी खाया जा सकता है। थोड़ा पानी (तरी जैसा) डालकर उबाल लें, हरा धनिया डाल कर परांठे के साथ खाएं।



श्रीमती चित्रा सिंह
पत्नी जू वा अ जय सिंह
72 आर एम यू
द्वारा 6 विंग वा से



Protein Laddoo

Growing children need a lot of protein to build a healthy and strong body and every mother tries to give her kids healthy and tasty food but some children still refuse to eat. Here is a recipe for protein laddoos that are not only very tasty but nutritious too.

Ingredients:-

Dates	-	120gm (Seedless)
Dessicated coconut	-	20 gm
Almond -25 gm		
Cinnamon powder	-	1/4 tsp to 1/2 tsp
Green Cardamom powder	-	1/4 tsp
Cocoa powder	-	2 tbsp
Chia seeds powder	-	1 tbsp
Flax seed powder	-	1 tbsp
Ginger candy	-	1 piece
Grated ginger / dry ginger powder (sonth)		
Black Kishmish	-	25 gm
Ghee	-	1 tbsp

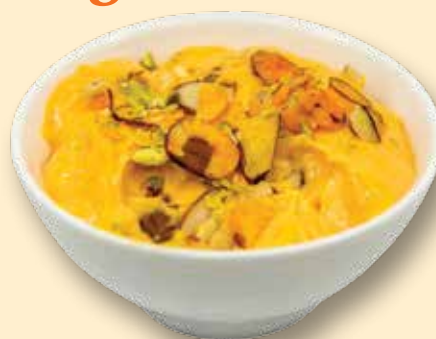
Method:-

- 1 Deseed the dates and churn in mixer grinder till in a mushy state.
- 2 Roast the flax seeds, chia seeds and almond, and grind them coarsely.
- 3 Melt the ghee.
- 4 In a plate, mix all the ingredients together and shape them into the form of a laddoo by taking small portions.
- 5 Store them in a dry, air tight container.

Mrs Mahamaya Dash
W/o Sqn Ldr KP Dash
40 Wing AF



Aamra Khand (Mango Shrikhand)



During summers an easy way to relish the king of fruits.....the mango! A fruit favourite with us all and a mango recipe as simple as ABC. I bet it will leave you craving for more.

It makes for six Ingredients

Hung curd or Greek yogurt	-	02 Cups
(The curd should be hung overnight for 6-8 hours in the fridge else it will go sour)		
Fresh or canned Mango puree	-	01 Cup
Powdered sugar	-	1/4 Cup
Cardamom powder	-	1/4 tsp
Pistachios	-	a few/ handful
Cut Mango pieces/ slices for garnish		optional

Method:

In a bowl, whisk the hung curd until creamy and smooth. To it, add the Mango pulp, powdered sugar and cardamom powder. Whisk again until the sugar dissolves completely. Transfer it into the serving bowl/ small bowls and refrigerate for a few hours (4-5 hours) to chill and set. Garnish with pistachios and mango pieces/ slices.

PS. Saffron strands too can be added to it, both in the curd and garnish.

Happy cooking!

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



ढेकुआ

स्वाद में मीठे, एकदम खस्ता, कुरकुरे ढेकुआ बिहार की पारम्परिक रेसिपी है। ढेकुआ को छठ पूजा के मौके पर विशेष रूप से बनाया जाता है।

आवश्यक सामग्री:-

- गेहूं का आटा — 2 कप (300 ग्राम)
- गुड़ — 3/4 कप (150 ग्राम)
- चीनी — 50 ग्राम
- नारियल — 1/2 कद्दूकस किया हुआ (50 ग्राम)
- काजू, किशमिश, छुहारे (50 ग्राम)
- तेल — तलने के लिए
- घी — 2 चम्मच (आटे में डालकर गूंथने के लिये)
- इलायची — 5

बनाने की विधि:-

गुड़ को छोटे-छोटे टुकड़ों में तोड़ लीजिए। गुड़ के टुकड़े और आधा कप से थोड़ा कम पानी एक भगोने में डालकर गरम कीजिए, उबाल आने पर चमचे से चला कर देखिये कि सारा गुड़ पानी में अच्छे से घुल जाए। गुड़ पानी में घुल जाने के बाद इस घोल को छलनी से छान लीजिए ताकि अगर कोई अशुद्धि हो तो वह निकल जाए। गुड़ के पानी में घी मिलाकर इसे थोड़ा ठंडा होने के लिए रख दीजिए। इलायची को छीलकर इसका पाउडर बना लीजिए।

किसी बर्तन में आटा निकाल लीजिए। इसमें कूटी इलायची और कद्दूकस किया हुआ नारियल डाल दीजिए। काजू, किशमिश भी डाल दीजिए। अब गुड़ के घोल की सहायता से एकदम सख्त और हल्का



सूखा आटा गूंथ कर तैयार कर लें। अब इस आटे से ढेकुआ बनाएं।

कड़ाही में तेल डालकर गरम कीजिए। आटे में से थोड़ा आटा तोड़कर इसको हथेली की सहायता से लंबे आकार में बाइन्ड करते हुए लोई बना लीजिए और सांचे पर रख कर या हाथों से थोड़ा दबाव बनाते हुए डिजाइन में तैयार कर लीजिए।

सारे आटे से ढेकुआ बना लेने के बाद इन्हें मीडियम गरम तेल में डालकर तल लीजिए।

अब इन्हें ठंडा होने दीजिए उसके बाद एअर टाइट कंटेनर में रख लीजिये और जब मन करे निकाल कर खाएं। ढेकुआ को आप एक माह तक खाने के लिए उपयोग में ला सकते हैं।

श्रीमती अमृता सिन्हा
पत्नी जू वा अ जी के सिन्हा
25 ई डी वा से





SOUTHERN AIR COMMAND



AFWWA Meeting at HQ SAC on 01 Aug 19



Visit to Centre for Rehabilitation of Disabled by 17 FBSU



Visit to Divine Children's Home by SAC(U)



AFWWA(R) SAC Summer Adventure Camp



Healthy Fireless Cooking Competition



WESTERN AIR COMMAND



Board of Management Meeting on 05 Sep 19



Swasth Sangini camp at Adampur



Swachh Bharat Abhiyan at Sirsa



Annual sports day function of play School at Pathankot



Summer Adventure camp at Dalhousie



SOUTH WESTERN AIR COMMAND



Board of Management Meeting on 31 Aug 19



Donation of Play Equipment to Special Children Home at Gandhinagar



Cyclothon by Sanginis at Bhuj



Car Rally by Sanginis at Jamnagar



Sports Meet at UAKS Pune



CENTRAL AIR COMMAND



Board of Management Meeting on 13 Sep 19



Visit to Mother Teresa Home by AFWWA (L)
Gorakhpur on 28 Sep 18



Interaction with Veer Naris at 15 Wg on 8 Feb 19



Visit to Bartimai Andh Ashram Nagpur on
15 Mar 19



CAC AFWWA (R) Summer Camp at
Nanital 18 to 24 May 19



MAINTENANCE COMMAND



Board of Management Meeting on 23 Aug 19



AFWWA Picnic at 25 ED



Cyclothon during IWD Celebrations at 28ED



Summer Camp at 12 BRD



AFWWA (R) Winter Adventure Camp at HQ MC



EASTERN AIR COMMAND



Board of Management Meeting on 16 Aug 19



'On Call' Cash on Delivery - 19Wg



Bakery Workshop by Pillsbury 11Wg



Interaction & donation to old age home-16wg



Picnic 17 Feb 19 -20Wg



TRAINING COMMAND



Board of Management Meeting on 01 Feb 19



Medical camp at old age home at Srirangavaram



Sports Day at AFWWA (L) AFAC



Summer Adventure Camp 2019 at Kanakpura 06 Jun - 08 Jun 2019



Swasth Sangini Camp at AFWWA (L) CHAF

AIR FORCE STATION NEW DELHI



AFWWA(L) Meeting at AFND Nirala Hall on 26 Oct 18



AFWWA (L) Picnic on 09 Feb 19



Closing Ceremony of Summer coaching camp on 07 Jun 19



Independence day Celebration AF Play School NWC



International Women's Day on 17 mar 19

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“ FLY HIGH WITH GREAT CAREER IN AVIATION INDUSTRY

What makes JT Aviation Academy different from other Aviation Academies ?

Sushmita Roy: There are 3 things that make us different from other Aviation Academies and I would like to call them the 3 P's of our success where the first 'P' stands for the Panel of Faculty members we engage, so that we can impart Aviation Academics to students in an effective way. We cover all the aspects and fields directly or indirectly related to Aviation starting from Customer Handling as CSE, Ground Handling, Security Operations and last but not the least Cabin Crew grooming and behavioral training. The second 'P' stands for Perseverance which we inculcate in our students making sure that no matter how difficult a thing or situation seems to be, they are trained to adapt, handle and overcome the same. Finally the third 'P' stands for Placements where we assist our students once they complete our course. We have been ranked as one of the best placement providing Institute in the country as we have helped 5000+ students in the last 7 years.

Why should a person go for a career in the Aviation Industry

Sushmita Roy: I have been asked this question several times in the past and my answer is straight and simple and that is "If you have a dream to fly high in life and looking for a challenging career this industry gives the opportunity to meet people from all across the globe, from all social circles or strata of life, plus one gets to travel places then this Aviation Industry is the right place for you I felt the need to start something i.e. Aviation Academics and be a part of this industry which is growing at a rate of 20% year on year. The success of my students happens to be our ultimate goal and the unexplainable satisfaction which I get, when a student secures the job to soar high into the



endless skies remains my factor of motivation to surge ahead further. Students come here with dreams and aspirations and it is the endeavor of JT Aviation to fulfill that dream.

Tell us something about the courses that JT Aviation Academy is presently offering

Sushmita Roy: We have 1 year Full Time Diploma courses where we cover some of the most important parts of the Aviation Industry like Air Hostess and Flight Steward Courses, Ground staff training, Ticketing and Cargo Handling and movement. We also have two major courses where we are offering a 3 Year Full Time BBA in Aviation Operations and then we have a 2 year Full Time MBA in Aviation Management and the courses are arranged in such a way that the students get hands on experience as well during their training period which gives them confidence and when they join the industry finally they are well equipped with the experience and knowledge to carry out their work effectively. Our institute has two Kolkata locations i.e. in Gariahat and Raghunathpur. Additionally we are coming up with Branch in Asansol as well.

Tell us something about the past achievements and credentials of the JT Aviation Academy ?

Sushmita Roy: To start with our Credentials we are authorized by the UPES University through which we are able to offer our BBA, MBA and Diploma Courses to willing students. We are also an ISO 9001:2015 & ISO 29990:2010 certified organization. When it comes to the awards we have recently won the Best Campus Placement Award in West Bengal from AEE along with the Best Aviation Academy Award as well. We were the proud recipient of Best placement Among Aviation Institutions at the Zee 24 Ghanta Education Excellence Award 2018 and 2019 as well.