



75
आज़ादी का
अमृत महोत्सव

प्रवाह



United be our Purpose.....



समानी य आकूतिः समाना हृदयानि यः ।
समानमस्तु वो मनो यथा यः सुसहासति ॥

United be your purpose, harmonious be your feelings, collected be your mind, in the same way as all aspects of universe exist in togetherness.

एक हमाश उद्देश्य, सुखमत हमारी भावना हो ।
एकत्रित हमारे विचार हों, जैसे सब कुछ इस विश्व में एकता में हैं ॥

Celebrating 13 Years of Existence

United

Be

Our Purpose





श्रीमती अरुणी डोवाल
पत्नी श्री अजीत डोवाल

संदेश

मुझे हर्ष है कि भारतीय पुलिस सेवा महिला कल्याण संस्था (आईपीएसडब्ल्यूडब्ल्यूए) दिनांक 8 दिसंबर, 2021 को अपनी स्थापना के 13 वर्ष पूरे कर रही है। मुझे स्मरण है कि गत वर्ष संस्था द्वारा इस शुभ अवसर पर आईपीएसडब्ल्यूडब्ल्यूए पत्रिका 'प्रवाह' का प्रथम बार विमोचन किया गया था। यह अत्यंत खुशी की बात है कि पत्रिका की सारगर्भिता, लोकप्रियता और सार्थकता को देखते हुए संस्था इस वर्ष भी, अपने स्थापना दिवस के अवसर पर, पत्रिका के दूसरे वार्षिक संस्करण का प्रकाशन करने जा रही है।

मुझे गर्व है कि 2008 में गठित होने के बाद कल्याणकारी संस्था के तौर पर आईपीएसडब्ल्यूडब्ल्यूए ने राज्य पुलिस बलों और केंद्रीय सशस्त्र पुलिस बलों और उनके परिवारों के कल्याण के लिए कई विशिष्ट कार्य किए हैं।

मैं यह भी आशा करती हूँ कि आईपीएसडब्ल्यूडब्ल्यूए पत्रिका 'प्रवाह' का यह दूसरा संस्करण भी पहले अंक की भांति विशेष लेखों और रचनाओं के रूप में ज्ञान और प्रेरणा के स्रोत के रूप में एक श्रेष्ठ प्रकाशन होगा। इससे संस्था के वार्षिक कार्यक्रमों की विस्तृत जानकारी मिलेगी और यह अन्य पुलिस संगठनों के कल्याण प्रयासों में भी पहल और समन्वय का माध्यम बनेगी।

मैं आईपीएसडब्ल्यूडब्ल्यूए की 13वीं सालगिरह के पावन अवसर पर हार्दिक शुभकामनाएं प्रेषित करती हूँ और संस्था की पत्रिका, 'प्रवाह' (द्वितीय वार्षिक संस्करण) के विमोचन के लिए सभी सदस्याओं और उनके परिवारों को हार्दिक बधाई देती हूँ।

शुभकामनाओं सहित।

श्रीमती अरुणी डोवाल



श्रीमती रंजु कुमार
पत्नी श्री अरविंद कुमार

संदेश

‘प्रवाह’ आईपीएस वार्ड्स वेलफेयर एसोसिएशन के अब तक किए गए कल्याणकारी कार्यों तथा अपने उद्देश्यों को अभिव्यक्त करने का एक सार्थक रचनात्मक प्रयास है। हमारे इस संगठन के सभी सदस्यों ने मिलकर इस दौरान न केवल पुलिस कार्मिकों व उनके परिवारों के लिए कल्याणकारी कार्य किए, अपितु पुलिस परिवार से बाहर भी विभिन्न क्षेत्रों में भरपूर सहयोग दिया तथा अपनी भूमिका का भली-भांति निर्वहन किया है।

इस समाज के शिक्षित, जिम्मेदार एवं सजग प्रहरी के रूप में हम सभी प्रकार के सकारात्मक कार्यों को साकार रूप देने के लिए हर क्षण प्रतिबद्ध हैं। अध्यक्षा के रूप में इस बहुआयामी संगठन के सदस्यों द्वारा किए गए कार्यों से मैं स्वयं गौरवान्वित महसूस करती हूँ और आप सभी को व्यक्तिगत तौर पर बधाई देना चाहती हूँ। लेखनी के माध्यम से संगठन के सदस्यों ने अपनी रचनाओं को इस पत्रिका में जिस वैचारिक विविधता व रचनात्मकता के साथ प्रस्तुत किया है वह निश्चित रूप से प्रशंसनीय है। अपने घर की जिम्मेदारियों को निभाने के साथ-साथ आप सभी ने हमारे संगठन के पुनीत कार्यों में भी बढ़ चढ़कर हिस्सा लिया, इसके लिए मैं आपकी व्यक्तिगत रूप से आभारी हूँ।

इस वर्ष भी हमारी पत्रिका प्रवाह का ऑनलाइन संस्करण निकाला जा रहा है जिससे कि हमारे कार्यों के बारे में और अधिक लोग जान पाए तथा हमारा आमजन से संवाद भी बढ़ाया जा सके। इस प्रकार के संवाद से परस्पर सहयोग बढ़ पाएगा तथा अन्य वर्गों से जुड़ कर हमारी सामाजिक भागीदारी में भी वृद्धि होगी, ऐसा मेरा विश्वास है। मुझे आशा है कि हमारी पत्रिका का यह संस्करण भी आप सभी लोगों को पसंद आएगा तथा हमें एक दूसरे से जोड़े रखने में सफल सिद्ध होगा।

हमारे आगामी कार्यक्रमों में आप की सक्रिय भागीदारी बनी रहे, इस विश्वास के साथ मैं आपको बधाई व नव वर्ष की शुभकामनाएं देते हुए अपना आभार व्यक्त करती हूँ।

(श्रीमती रंजु कुमार)
अध्यक्षा



श्रीमती रितु अरोरा
पत्नी श्री संजय अरोरा

सचिव की कलम से

मुझे गर्व है कि देश के पुलिस बलों के कर्मियों और उनके परिवारजनों के कल्याण के लिए समर्पित भारतीय पुलिस सेवा महिला कल्याण संस्था (आईपीएसडब्ल्यूडब्ल्यूए) सेवा के 13 वर्ष पूरे करने जा रही है। परोपकार हेतु हमेशा सजग रही इस संस्था के सचिव के रूप में मुझे सेवा का सौभाग्य मिला है। संस्था इस वर्ष भी पूर्ण उत्साह से 8 दिसंबर को अपना 13वां स्थापना दिवस समारोह आयोजित कर रही है।

आईपीएसडब्ल्यूडब्ल्यूए ने पुलिस परिवार के कल्याणार्थ सहायता प्रदान करने का निर्णय लिया था। गत वर्ष, हमने 'नेशनल सिक्योरिटी गार्ड' (NSG) द्वारा संचालित दिव्यांग बच्चों के विद्यालय 'प्रेरणा' को सहायता राशि प्रदान की थी। इसी शृंखला को आगे बढ़ाते हुए इस वर्ष भी फरवरी में 'प्रेरणा' को सहायता राशि प्रदान की गई है। श्रीनगर, जम्मू व कश्मीर में बच्चों के पुस्तकालय के लिए हमने 'सीमा सुरक्षा बल' (BSF) को मार्च महीने में सहयोग राशि प्रदान की। छत्तीसगढ़ में नक्सली हमले में शहीद हुए 'केंद्रीय रिजर्व पुलिस बल' (CRPF) के जवानों के परिवार के कल्याणार्थ सितंबर माह में सहयोग राशि प्रदान की गई है।

कोविड-19 की चुनौतियों में संस्था ने परमार्थ के प्रयासों को जारी रखा है। जैविक महामारी के इस दौर में हमने स्वयं को ऑनलाइन माध्यमों से जोड़े रखते हुए अपने कल्याण कार्यों को एक नया स्वरूप प्रदान किया है। इससे संस्था को और व्यापक बनाने और समन्वय के साथ विकास को लक्ष्य मानकर कोविड-19 के दौरान किए गए कार्यों के 'न्यू नॉर्मल' के स्वरूप का हमें विशेष अनुभव प्राप्त हुआ है। हमने कल्याण के सरोकारों से प्रेरित रहते हुए लगातार सक्रिय रहकर संस्था के वार्षिक गतिविधि चक्र को गतिशील बनाए रखा है।

हमें हर्ष है कि पिछले वार्षिक दिवस पर विमोचित हुई संस्था की पत्रिका 'प्रवाह' बहुत लोकप्रिय हुई और हमें सभी पाठकों से इसकी प्रशंसा प्राप्त हुई है। इससे प्रेरित होकर इस साल भी आईपीएसडब्ल्यूडब्ल्यूए की स्थापना के सालगिरह के पावन अवसर पर संस्था इस पत्रिका के द्वितीय वार्षिक संस्करण का प्रकाशन करने जा रही है जिसमें कई जानकारियों के साथ-साथ, हमारी वार्षिक गतिविधियों का वृत्तांत है तथा हमारी सदस्यों की लेखन प्रतिभाओं की कई मौलिक रचनाओं का संकलन किया गया है।

मैं आईपीएसडब्ल्यूडब्ल्यूए की 13वीं वर्षगांठ के शुभ अवसर पर संस्था की पत्रिका के द्वितीय संस्करण के सफल प्रकाशन की मंगलकामना करती हूँ।

शुभकामनाओं सहित।

श्रीमती रितु अरोरा



FROM THE EDITOR'S DESK



When I was asked to edit the 2nd edition of the IPSWWA magazine, I couldn't stop admiring the name it had - 'PRAVAH' which, as we all know, means 'To Flow.' Isn't that what womanhood is all about? Our amazing ability to evolve, cascade, mould and move with the ebb and flow of life. For anything that's static or stagnant eventually decays and only what moves forward with life, sustains and grows. And that's what IPSWWA is also about at its core - an association that had its inception in 2008, due to the untiring efforts of our Founder Members, has now glistened bright, splashed with glory and moved forward skirting bends into a thirst-quenching and much-admired group of ladies who are united by their purpose on the ideals of which this association was formed. So, in keeping with the inherent meaning of the magazine's name, we hit upon the theme for this edition. Flow!

The inspiration and encouragement came from the senior members of IPSWWA and our President, Smt. Ranju Kumar who reposed full faith in the Editorial Team for a task which required our full attention and creative juices to flow. Led by Secretary, IPSWWA Smt. Ritu Arora, me and my Editorial Team worked tirelessly round the clock, with one eye on the deadline, diligently selecting the images, assiduously formatting and designing the pages and painstakingly editing the dozens of beautifully written articles that came our way because of which this edition is richer. I would like to express my deepest gratitude to each and every member for their submissions which throws light on the amount of talent that lies within this group.

This 2nd edition of the Pravah magazine, from cover to cover, also presents and preserves for posterity the amazing work done by IPSWWA in 2021 under the able leadership of its current President and her dedicated Core Committee members namely, Smt. Ritu Arora, Geeta Pathak, Ruby Chaturvedi and Tanu Patni Mordia. We truly hope that through the osmosis of shared ideas, stories, educative pieces, emotive compositions, delectable recipes and moving memoirs that collectively form this edition, we all will continue to grow and flow through the troughs and crests of life emerging more resilient just like our nation that celebrates its 'Platinum Jubilee' this year and 75 glorious years of Independence.

Jai Hind!

Smt. Priti Singh
(Editor)

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(TREASURER)



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(JT. SECRETARY)



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(TREASURER)



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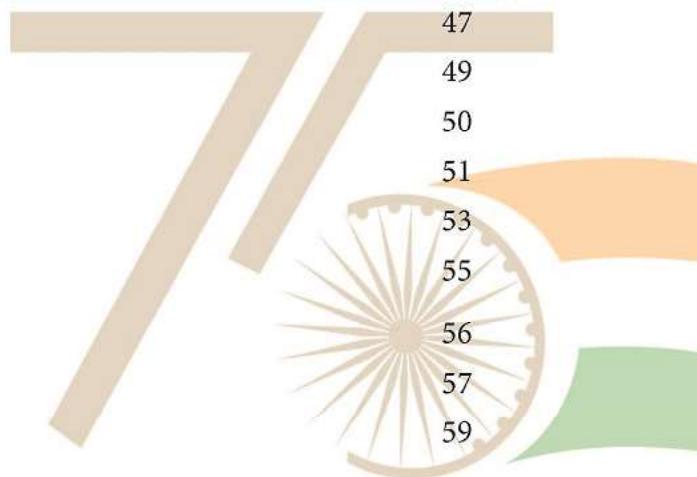


SMT. TANU PATNI MORDIA
(JT. TREASURER)



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about IPSWWA



THE IPS Wives' Welfare Association, known more by its acronym IPSWWA, has today come a long way since its formation in 2008. At its helm was the Core Committee comprising of Smt. Sima Haldar as the Founder President, Smt. M. K. Narayanan as Patron and Smt. Preeti Tiwari as Vice President. The other noteworthy office bearers who laid the foundation of IPSWWA were Smt. Anita Dutt and Smt. Soni Srivastava as Secretaries, Smt. Nalini Wanchoo as Treasurer and Smt. Rashmi Sinha as Joint Secretary.

The prime objective behind forming the association was to bring the wives of officers' from the Indian Police Service residing in Delhi under one umbrella in order to stay connected, foster new bonds and work towards the united purpose of supporting the families of our very brave men and women in khaki and the various initiatives that promote their welfare and cause. Prior to 2008, there existed a vacuum that urgently needed to be filled and a lack of cohesiveness due to hierarchical barriers and limited individual organisational interaction that officers' wives had along with a common centre where one could freely interact and express their views. Taking note of this, the idea to form an association finally took shape after a series of discussions within a small circle of friends that ultimately culminated in the formation of IPSWWA in 2008 as a registered association.

What started as a monthly meeting and an interactive platform for IPS officers' wives, of both serving and retired officers' from various Central Police Organisations and different cadres, soon became a very socially active organisation with a definite agenda. With the overarching purpose to attain higher goals and achieve excellence, the committee and its members strove to inspire, educate and empower wives of our police personnel to achieve their true potential – socially, culturally and intellectually. Through engaging and interactive programmes conducted regularly, the committee also aimed to foster a feeling of sisterhood amongst its members and forge deeper alliances and closer bonds which cut across the barriers of batches, cadres, organisations and age groups.

Within the first few years of its formation, IPSWWA launched its website and started making its mark as a worthy and vibrant association. Interestingly, one of the first events it hosted was a Husband's Night at 9, Tughlak Road which was a much appreciated occasion by all, especially the menfolk.

Soon, the association gained momentum and, with Smt. Surekha Mathur as its new President, a wide variety of programmes were organised with the aim of enlightening and entertaining its members which included a gamut of activities such as vocational guidance, wellness workshops, promoting holistic health, setting up a fund for social responsibility, Modicare Foundation for police personnel and a talk on the menace of drug abuse and HIV/AIDS, besides several other initiatives and events. The association also conducted guest lectures and group discussions on various topical subjects for the intellectual stimulation of its members along with cooking and Ikebana demonstrations. It



also felicitated the meritorious students of our police wards from eight CPO's in Delhi and NCR with cash incentives and organised a visit to the holy city of Vrindavan.



The highlight of 2009 was the publication of the first ever IPSWWA Newsletter because of the dedicated efforts of the Editorial and Production Committee comprising of Smt. Devayani Medhekar, Dr. Nandani Azad, Smt. Manju Sharma and Smt. Rashmi Sinha. The main objective behind the Newsletter, which was released on 1st November by our Patron, Smt. M. K. Narayanan, was to encapsulate the work done by IPSWWA in the preceding months. It also helped to keep members informed about the association's events as well as maintain a record of its various activities for the years to come.

2010 began on a high note with the announcement of the IPSWWA MELA on 7th February wherein the welfare activities of various CPO's like BSF, NSG, CRPF, SSB, CISF and ITBPF were showcased along with the exceptional work of some NGO's. The Mela was inaugurated by the Late Hon'ble Chief Minister of Delhi, Smt. Sheila Dixit who was so impressed with its scale and range that she suggested organising a similar fair during the Commonwealth Games which was indeed a feather in our cap. Soon, the IPSWWA Mela was a part of 'Delhi Celebrates - Commonwealth Games, 2010.'

IPSWWA, now having gained momentum, continued to move from strength to strength under the able leadership of all its Presidents who brought in a fresh vision and an array of activities that gave IPSWWA further flight and helped bolster its image. While social activities gained prominence as the years went by, the basic objective behind the formation of the association was never forgotten. Smt. Manju Sharma organised a cleanliness drive near the Hanuman Mandir as part of the Swachh Bharat Abhiyan besides many other projects which focussed on keeping the police families together.

Over the years, IPSWWA has only become more structured and strong. It's members come in full strength and participate in various activities organised after carefully preparing the year long calendar. The esteemed wives of all CPO Heads too participate with their own dedicated teams and regularly organise a multitude of fun-filled and entertaining events for the members that range from social responsibility to healthcare, hygiene, women empowerment, promoting self-sufficiency and India's cultural heritage.

Since its inception in 2008, IPSWWA has become a common platform for wives of IPS officers to congregate and celebrate womanhood and the power and wisdom that comes with this responsibility. Under the guidance of its visionary founding members, the association continues to grow every year and add a new dimension to it's mission and goal. We wish each and every member, old and new, best wishes and thank them for all their collective contribution in making IPSWWA what it is today.

A wonderful platform to give and grow together.

And as the lines of our motto says, ***"May united always be our purpose."***



**estd
2008**

GOING FROM STRENGTH TO STRENGTH

Our Esteemed Former Presidents



Smt. Sima Haldar
1.1.2007-31.12.2008



Smt. Surekha Mathur
1.1.2009 - 31.12.2010



Smt. Anita Sandhu
1.1.2011 - 31.12.2012



Smt. Zeba Ibrahim
1.1.2013 - 31.12.2014



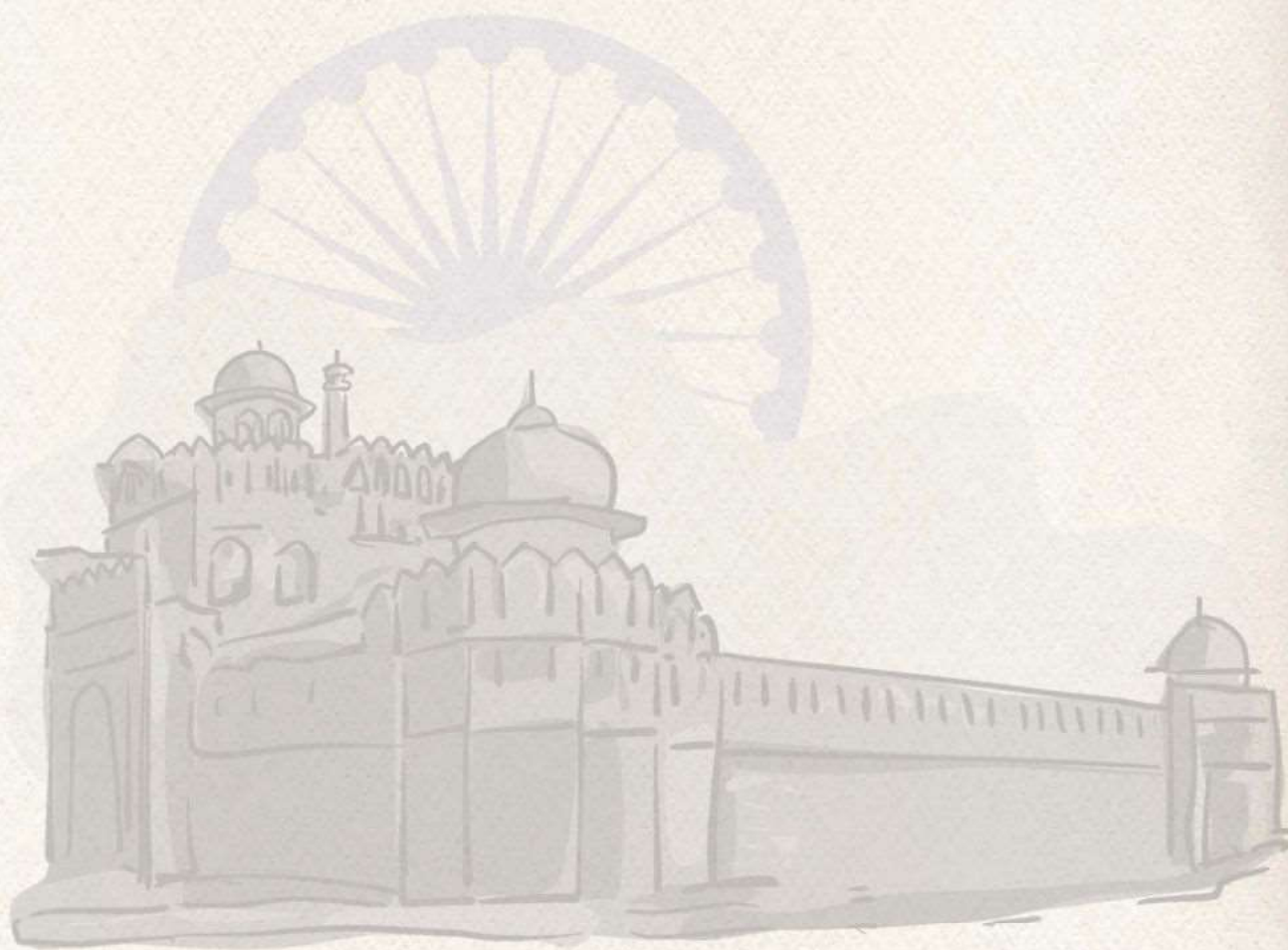
Smt. Manju Sharma
1.1.2015 - 31.12.2016



Smt. Anuradha Jain
1.1.2017 - 30.6.2019

IPSWWA

75
आज़ादी का
अमृत महोत्सव





IPSWWA
2021

Against All Odds...



प्रवाह पत्रिका विमोचन

दिसंबर, 2020

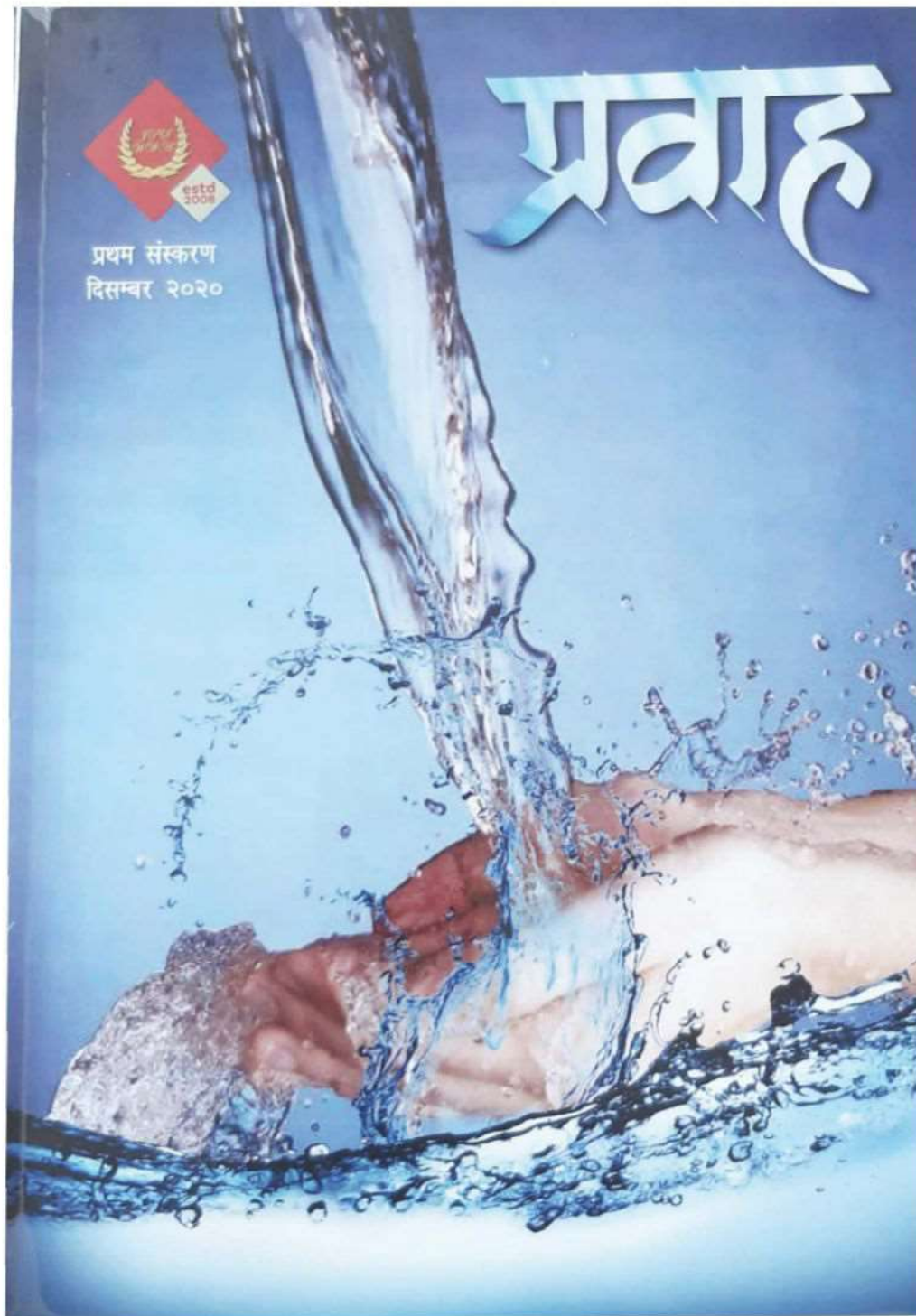
IPS Wives' Welfare Association (IPSWVA) की स्थापना 2008 में हुई थी। इस संगठन के निर्माण के लिए श्रीमती पद्मिनी नारायणन, श्रीमती सीमा हलदर तथा अन्य कुछ भारतीय पुलिस सेवा के वरिष्ठ अधिकारियों की अर्धांगिनियों ने पहल की। सब ने विचार किया कि कोई ऐसा मंच होना चाहिए जहां सेवारत एवं अवकाश प्राप्त सभी अधिकारियों की पत्नियां आपस में मिल सकें।

8 दिसंबर, 2008 को IPSWWA को Society Registration XXI, 1860 के अंतर्गत पंजीकृत किया गया। तभी से यह संगठन समस्त पुलिस परिवार के हित के लिए कार्यरत है। श्रीमती सुरेखा माथुर के अध्यक्षता काल में पहला सूचना पत्र या संवाद पत्र (Newsletter) का प्रकाशन हुआ। इसके बाद और भी कई संवाद पत्र प्रकाशित किए गए।

गत वर्ष 2020 में हमने अध्यक्षा IPSWWA, श्रीमती वंदना कुमार के नेतृत्व में 'प्रवाह पत्रिका' प्रकाशित करने का निर्णय लिया। कई लेखों, यात्रा वृत्तांतों, कविताओं, संस्मरणों, पाक विधियों, घटनाक्रम और चित्रों से सजी प्रवाह पत्रिका का ई-मैगज़ीन संस्करण दिसंबर, 2020 को निकाला गया।

हमारी IPSWWA सदस्याओं में छिपी कई प्रतिभाएं सामने आईं। हमने यह जाना कि कितनी प्रतिभाएं एक आवरण में छिपी बैठी थीं, जिनके सामने आने से हमारी पत्रिका जगमगा उठी। "जैसे हिमखंड पिघल कर नदी का रूप धारण कर लेता है, जैसे गंगोत्री से गंगा निकलकर बहने लगती है, वैसे ही कई प्रतिभाएं निकल आईं और 'प्रवाह' का प्रवाह आरंभ हो गया।"

प्रवाह को सबका स्नेह मिला और यह पत्रिका बहुत लोकप्रिय हुई। हम सबका अथक प्रयास सफल हुआ। गत वर्ष दिसंबर, 2020 में प्रवाह पत्रिका के विमोचन के समारोह को IPSWWA की वरिष्ठ सम्मानित सदस्याओं, पत्रिका के संपादन और प्रकाशन में संलग्न सभी सदस्याओं तथा कमेटी की सभी सम्मानित सदस्याओं ने अपनी उपस्थिति से स्मरणीय बना दिया। प्रवाह के विमोचन के उन क्षणों के कुछ चित्र यहां संलग्न हैं। हमारी कामना यही है कि 'प्रवाह' का प्रवाह यूं ही निरंतर चलता रहे और इसकी निर्मल लहरें IPSWWA की सदस्याओं के अंतर्मन को छूती रहें और हम सबको आनंद एवं प्रज्ञता प्रदान करती रहे।

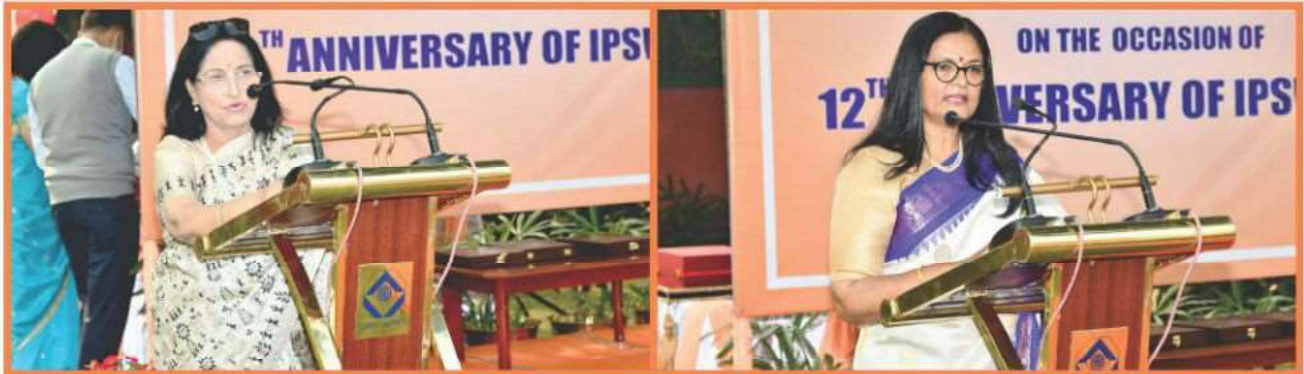




IPSWWA RAISING DAY

DECEMBER, 2020











WE RECEIVE TO GIVE

12th FEBRUARY, 2021

IPSWWA understands the importance of wholeheartedly supporting all those initiatives and activities that improve the quality of life for the families of our police and para-military personnel and work towards their welfare and betterment. With this sincere objective in mind, the IPS Wives' Welfare Association gave a cheque of Rs. 100,000 on February 12, February, 2021 to NSG. The money was given to support 'Perna,' the Special Needs School run by NWYA, the Wives' Welfare Association of the National Security Guard which provides rehabilitation and vocational training for the children of the NSG personnel. It also extends its services to nearby villages and localities as part of its community outreach programme.

Doing the honours, Smt. Aruni Doval, in the presence of IPSWWA President, Smt. Vandana Kumar, the Core Committee members and wives of CPO Heads and police organisations in Delhi, handed the cheque over to the NSG personnel. This gave a sense of immense satisfaction and fulfilment to each and every one present there. With this donation, special equipment will be purchased for the differently abled children of this beautiful school that is touching and enhancing so many lives. It will also help NSG in its efforts towards making the children more self-confident and live with respect and dignity.

IPSWWA values and appreciates this social initiative of NSG and will continue to support it in every way possible.





TOWARDS NEW BEGINNINGS

IPSWWA MEETING ON 12th FEBRUARY, 2021

On 12th February, 2021 the Committee members, assembled for a meeting chaired by IPSWWA President, Smt. Vandana Kumar at 9, Tughlaq Road, New Delhi. It was the first in-person meeting of the year and the main agenda was to discuss the annual calendar of the association and other relevant issues. An enriching and meaningful discussion took place which kept everyone involved and engaged.

As we all know, retirement is a time to follow personal dreams which are set aside for a long time to enjoy the rewards of work done well. So, on the occasion, IPSWWA also presented a heartfelt memento to Smt. Neelam Shukla and Smt. Ranjeeta Ranjan whose husbands superannuated from the posts of Director, CBI and Director General, CISF respectively.

As wives of CPO Heads, they had done commendable work for the strength of IPSWWA which was appreciated by all. All senior members present, wished the two gracious ladies all the best for the next innings of their lives and looked forward to their continued participation and support.









IPSWWA MELA

ON 3RD MARCH, 2021

After a long gap, a vibrant 'Mela' was organized for IPSWWA members on March 3, 2021. During the fair, welfare products from all paramilitary forces including BSF, CRPF, CISF, ITBP, SSB, RAW and Delhi Police were put on sale in beautifully decorated and attractive stalls which garnered much praise, bolstering our efforts of encouraging values such as "Vocal for Local" and "Atmanirbhar Bharat." A large variety of items were on sale. While some stalls displayed exquisite carpets, mats and baskets others had home-linen, masks, table-runners, masalas etc. Our extremely talented and entrepreneurial IPSWWA members also set up different stalls showcasing their talents in cooking, jewellery and handicrafts. The Assamese *Mekhla chaddar* along with Banarasi, Maheshwari and Bengali sarees and dupattas were in huge demand. A variety of homemade pickles, *laddoos* and marmalade were also greatly appreciated by everyone. A selfie-point was a huge attraction for the ladies and the finger licking food a delight for all.

March is the month when, dipped in the hues of love and trust, comes the festival of Holi. On this beautiful festival of vibrancy and colours, IPSWWA reiterated its commitment to the families of police and paramilitary personnel and tried to add colour to their lives. It has been said that one child, one teacher, one pen and one book can change lives. Books play a very important role in the growth and development of

children. They open an entirely new world for them. Therefore, a library is a place full of possibilities, opening both a window into the soul and a door to the world. As Mother Teresa once said, *"I alone cannot change the world, but I can cast a stone across the water to create many ripples."* In keeping with this sentiment, a cheque of Rs. 25,000 was also given to the BSF on March 3rd, 2021 for the purpose of establishing a library for the children of Jammu and Kashmir. The cheque was presented to Smt. Anu Asthana, President BWWA (BSF Wives Welfare Association) by Smt. Aruni Doval and Smt. Vandana Kumar in the presence of the executive committee namely Smt. Ritu Arora, Geeta Pathak, Ruby Chaturvedi and Tanu Mordia as well as several members of IPSWWA who greatly appreciated this gesture.

















IPSWWA ने मनाया

21 जून, 2021

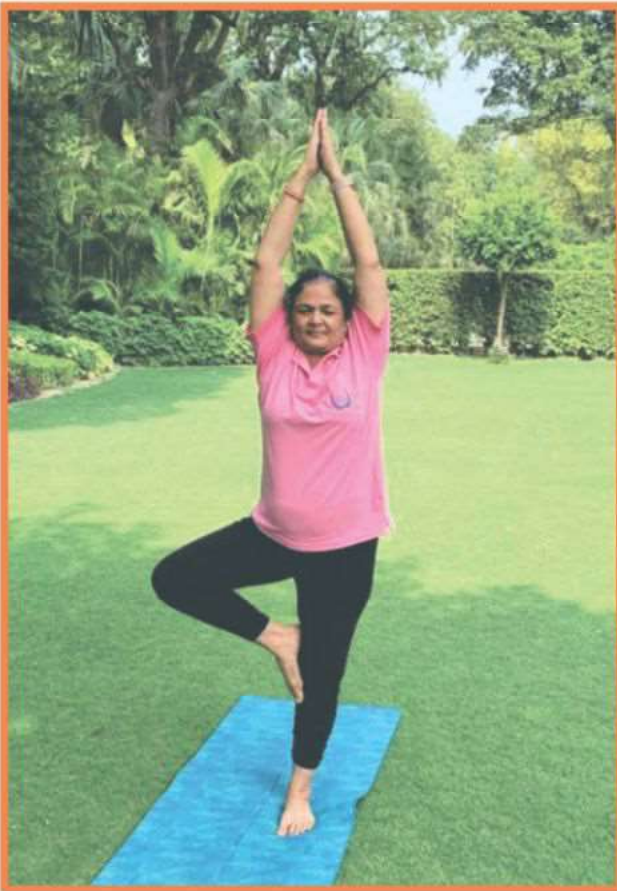
अंतर्राष्ट्रीय योग दिवस की शुरुआत 21 जून, 2015 को हुई। तब से हर वर्ष 21 जून को योग दिवस मनाया जाता है। संयुक्त राष्ट्र महासभा ने 11 दिसंबर, 2014 को अपने 69वें सत्र में एक प्रस्ताव पारित किया जिसके अंतर्गत 21 जून को अंतर्राष्ट्रीय योग दिवस मनाने का निर्णय लिया गया। 21 जून, 2015 को हमारे प्रधानमंत्री तथा 35,985 लोगों ने दिल्ली के राजपथ पर प्रथम अंतर्राष्ट्रीय योग दिवस मनाया।

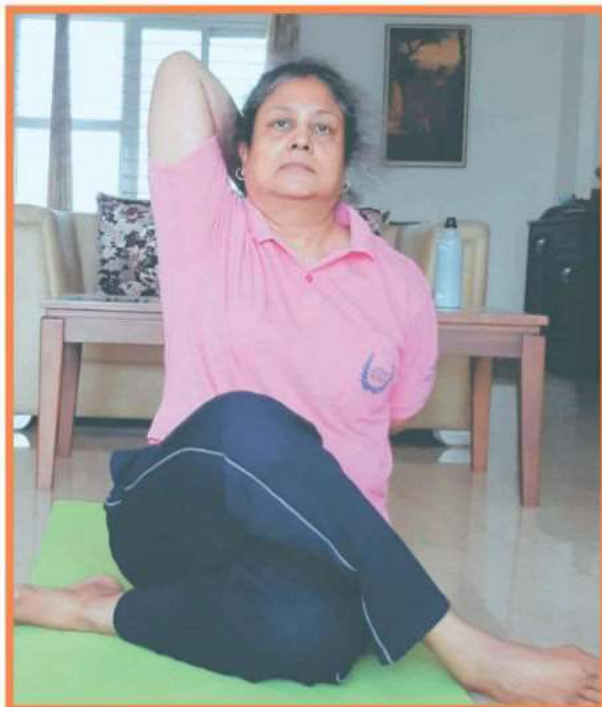
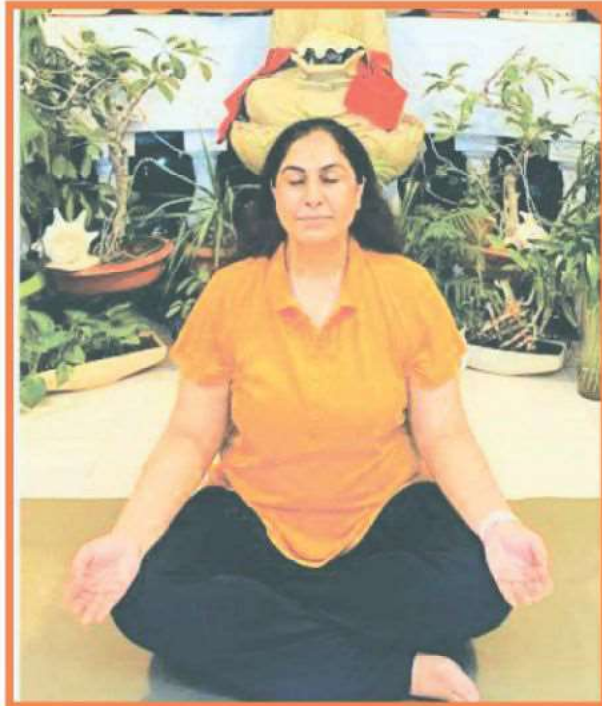
योग भारत की प्राचीन विरासत है, इसका वर्णन ऋग्वेद में भी किया गया है। हमारे ऋषि-मुनि तप और योग पर बहुत बल देते थे। योग हमारी सम्यता और संस्कृति का अभिन्न अंग है। यह सारे विश्व को भारत की एक बहुमूल्य, अनूठी और उपयोगी देन है। यह शरीर और मस्तिष्क, विचार और कर्म में तारतम्य बैठाता है, मनुष्य और प्रकृति में सामंजस्य स्थापित करता है। यह केवल व्यायाम ही नहीं, अपितु अपने आप में स्थित होने का भाव सिखाता है। अपने आपको पहचानना और प्रकृति से एकाकार होने का भाव सिखाता है। योग मन की शांति, संयम और धैर्य रखना सिखाता है। यह मन-मस्तिष्क और शरीर, दोनों को शक्तिशाली बनाता है। शरीर को लचीला और मजबूत बनाने के साथ-साथ यौगिक क्रियाएं हमारे आंतरिक अंगों को भी निरोग और शुद्ध बनाती हैं। यह हमारा शारीरिक, मानसिक और आध्यात्मिक विकास करता है। आज, जबकि कोरोना महामारी से विश्व जूझ रहा है, योग का महत्व बहुत बढ़ गया है। प्राणायाम और योग की प्रक्रिया हमारे फेफड़ों, जिसे कोरोना सर्वाधिक प्रभावित करता है, को मजबूती प्रदान करता है और हमारे श्वसन तंत्र को नियंत्रित करता है।

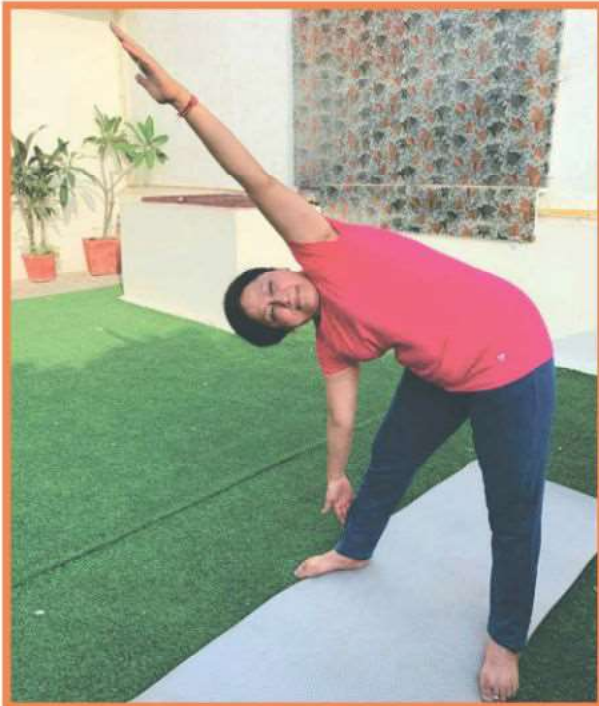
2020 से कोरोना महामारी के कारण सामूहिक योग संभव नहीं हो पा रहा है, जिसकी वजह से 21 जून को योग दिवस के अवसर पर सभी अपने-अपने घरों में योग करते हैं। इस वर्ष भी यही स्थिति रही। योग दिवस 2021 की कुछ तस्वीरें हम यहां दर्शा रहे हैं जो आईपीएसडब्ल्यूडब्ल्यू की सदस्याओं ने अपने-अपने घरों में संपन्न किए हैं।

अंतर्राष्ट्रीय योग दिवस

75
आज़ादी का
अमृत महोत्सव







कमेटी की बैठक व विदाई समारोह





17 सितंबर को 9, तुगलक रोड में कमेटी की बैठक हुई, जिस में दिसंबर तक के IPSWWA कैलेंडर का निर्णय लिया गया। प्रवाह पत्रिका के दूसरे संस्करण के बारे में भी निर्णय लिए गए। इसके साथ ही कमेटी के सम्मानित सदस्या, श्रीमती सरोज मोदी का हमने ससम्मान विदाई समारोह भी रखा था। सरोज उश्नु ने हमेशा ही संगठन के हर क्रियाकलापों, चाहे वह तीज या दीवाली का सांस्कृतिक कार्यक्रम हो या कोई भी समारोह, सदा ही बढ़ चढ़कर हिस्सा लिया है, उनका सहयोग हमारे संग हमेशा ही बना रहा है। हम उनसे प्रार्थना करते हैं कि वह IPSWWA की सदस्या सदा बनी रहें और अपनी उपस्थिति से सदा हम सब को अनुगृहित करती रहें।



TOGETHER AGAIN

IPSWWA MEETING ON 22nd SEPTEMBER, 2021

Realising the importance of staying buoyant in these extremely challenging times, IPSWWA members got together on 22nd September for an evening that was all about friendships and festivity. They spent time interacting and wishing each other well, while engaging in some light-hearted games to uplift their spirits. Sound of laughter rung in the air and, in the comforting company of longtime companions, all stresses and pressures of life simply faded away. As the preceding months had been tough for everyone, the need to apply the balm of unbroken friendships and soothe the soul through laughter and revelry was felt even more. After games had been played and melodious songs sung, as part of some interesting activities conceived by the Core Committee, the members savoured delicious delicacies of north India. All in all, the evening created some beautiful and lasting memories for everyone to carry back home.









SALUTE TO REAL LIFE HEROES

22nd SEPTEMBER, 2021

As we all know, our Police and Paramilitary Forces face all kinds of challenges on an everyday basis, risking their lives in the line of duty only so that we can sleep peacefully in our homes. They are our real-life heroes whose valour is the stuff of legends. Unfortunately, on April 5th this year, several of our brave CRPF personnel lost their lives while fighting Maoists in an operation in Chhattisgarh. IPSWWA salutes the bravery of our men who gave the supreme sacrifice and stands in complete solidarity with the families of these martyrs.

On 22nd September, when the second wave of COVID-19 subsided and IPSWWA members could meet again, a contribution of Rs. 1 lakh was made to the CRPF to pay homage to these brave soldiers who had laid down their lives for the nation. The cheque was presented by senior members and President of IPSWWA Smt. Vandana Kumar to Smt. Ruby Chaturvedi, who collected it on behalf of the CRPF, as a mark of our respect and a humble tribute to these brave-hearts and their tremendously courageous families. The sacrifice and selfless service of these men shall never be forgotten.









दीवाली आई, खुशियाँ संग लाई

SSB में दीवाली समारोह

मई-जून में कोविड के महाविनाश के बाद सभी की सुरक्षा एवं स्वास्थ्य को ध्यान में रखते हुए हमने जुलाई व अगस्त में कोई बैठक नहीं बुलाई। मार्च के बाद सितंबर और फिर अक्टूबर में पूरे समारोह और आयोजन के साथ बैठकें बुलाई गईं। इतने महीनों बाद मिलने पर सभी सदस्याओं का उत्साह और प्रेम देखते ही बनता था।

20 अक्टूबर, 2021 को IPSWWA की बैठक सशस्त्र सीमा बल (SSB) की घिटोरनी स्थित 25वीं वाहिनी के मेस में हुई। यह दीवाली-पूर्व बैठक थी। यह बैठक भी मेले के रूप में थी। CAPF के लगभग सभी संगठनों, ITBP, दिल्ली पुलिस, BSF, CISF, CRPF तथा SSB ने अपने-अपने स्टॉल लगाए थे। यह करवा-चौथ और दीवाली के पूर्व का एक संक्षिप्त मेला था। सारी सदस्याओं ने बड़े उत्साह से इसमें भाग लिया। रंग-बिरंगे परिधानों में सजी हैंसती-खिलखिलाती सदस्याओं और रंग-बिरंगी वस्तुओं से सजे स्टॉल ने मन-मस्तिष्क से महामारी के भय और प्रकोप को हल्का कर दिया। SSB, संदीक्षा की सम्माननीय अध्यक्ष श्रीमती सीमा चंद्रा की सुव्यवस्था और प्रेम ने हम सबको अभिभूत कर दिया। बड़े ही खुशनुमा और प्यार भरे माहौल में यह मेला संपन्न हुआ। SSB के बैंड ने इस कार्यक्रम में चार चाँद लगा दिए। SSB बैंड के गानों की तर्ज पर कुछ सदस्याओं ने हर्षोल्लास के साथ नृत्य भी किया। महीनों बाद सभी के चेहरों पर उत्साह, आनंद और उल्लास नज़र आया। इस प्रकार IPSWWA का दीवाली-पूर्व समारोह सीमा चंद्रा मैडम के सुव्यवस्थित सहयोग से सफलता के साथ संपन्न हुआ। इस अवसर के कुछ चित्र यहाँ संलग्न हैं।







75
आज़ादी का
अमृत महोत्सव





IPSWWA
2021

Talent Within Us...

THE RED BLANKET

Memories of Partition of India



Smt. Livleen Bhagat
W/o Sh. Arun Bhagat
1961

As we celebrate 75 years of India's independence, I cannot but wonder what we remember of our early childhood? Say memories of when we were 3 or 4 years old. The images of those early years are not consistent or chronological; they are flickers of the familiar, faces of our parents, moments of happiness, sadness, connected associations of distant sounds, colours and even pets, all tucked deep in our sub-conscious mind only emerging onto the surface once in a while.

But, if one concentrates and carefully starts shifting through the recesses of their mind, much as an archeologist peels layers of stratum in search of the buried past, dormant memories too, when prodded, start steering in our watery brain through billions of neurons. They begin to rise like excited bubbles from the depth of the oceans, travelling through miles of cerebral veins touching the mid-brain, cerebral cortex, the frontal lobe, all the while stimulating our short and long-term memories and suddenly, our cerebrum sparks and sputters to life like an old retro cinematic projector and before us, our lives begin to emerge from the shadows and depths of darkness over the black screen and beyond.

My memories of India's partition are an amalgam of forlorn, crest fallen and creased faces. Vibrations of uncertainty. Low and deep whispers. For my family and so many of our friends it was a time of uncertainty and darkness. It is now difficult to imagine the shock of being torn, uprooted and expelled from century's old ancestral homes, all overnight, simply because you were a Hindu, a Sikh or a Parsi. It was a time of crushed spirits, of shattered dreams and even the painful loss of loved ones, all this for the larger sacrifice of our own independent nation – a free India.

In 1947, my father, mother and I lived in a lovely mountain cottage with an annex in Simla adjoining the main building of the Walker Hospital which was also called the Viceroy's Hospital. My father, Dr. Satya Pal Bhalla was stationed here as the Doctor and Administrator In-charge. Daddy, who was also a Captain in the Royal Army Medical Corps, later renamed as the Army Medical Corps of the British Army, had returned home after serving in the Middle East for four long years during the World War II. He hailed from Lahore and did his MBBS from the King Edward Medical College, Lahore. Of course, that was in pre-partition British India. "Batch of 1938," he would proudly tell us with a hint of nostalgia. And it was at this medical college that daddy met the love of his life, my mother, who was a proud and elegant Sardarni from Amritsar named Dr. Jagjit Kaur Malhotra. She was a batch mate of my father and one of the only handful of women studying to become doctors in a co-ed medical institution of

those days. Mummy was also posted in Simla during this time as Superintendent of the Lady Reading Hospital but she had moved to Amritsar to take care of her father and family during the days of the partition, leaving my daddy in-charge of me and the many who would be soon joining us.

My first memories of our lives transforming were really of shrinking spaces and many new faces. Our home, which was so large for the three of us, gradually began to look smaller as more and more families started pouring in. There were young and old faces in every corner, some familiar while others I had never seen before.

Me and daddy moved from the large house into the annex. I wasn't sure why, but I was too young to care. I still recall the voice of my dadaji, Rai Sahib Mohan Lal Bhalla, a bulky but caring personality with an air of authority. After all, he had been a Headmaster and the first Indian Principal from the very prestigious Central Model School in Lahore from 1929 to 1939. Then there was my dadiji, Durga Devi, a gentle and caring lady whose voice calling me "Lovleen" in a typical Punjabi accent instead of the more western pronunciation of Livleen still resounds in my head. There was also my Bua, Kamla who was in high school, Vidya Sagar, my uncle who was in 3rd year college and me and my daddy, making a total of 7 of us in the annex block.

In the main cottage, there were more than 20 relatives staying in 4 bedrooms, including mine. There were aunts, uncles, cousins, parents, in-laws of aunt's and even friends. Each one had been forced to leave their home in what was now Pakistan. They were from solid and distinguished families who had always provided shelter to others and now, ironically, were without roots and so rudderless. These displaced people represented the millions of others who bore the brunt of partition's consequence; the suffers of ill-conceived, half-baked and hasty plans of the British, as well as of India's new political elite. They had left their homes, possessions, lands, businesses, schools, colleges and many had even lost their loved ones to post-partition riots. And somehow, they had all made their way to the welcoming home of Dr. S.P Bhalla, Dr. Jagjit Kaur Malhotra and of course me, little Livleen.

I remember so vividly the colour red, during the cold and bitter month of December 1947. Huddled inside the house and annex, on sofas, beds and others nooks and crannies, my family's young and old would wrap and bundle themselves every night in the very distinctive red army blankets of Walker hospital. Daddy would work late into the night tending to patients, so I would happily snuggle in with my dadi who would tightly wrap me up in the welcoming warm red blanket. She would then narrate the most imaginative, exciting and happy stories until I fell asleep, blissfully unaware of the pain and suffering she, and all those around me, must have suffered. Seventy-five years later, the secure warmth of my grandmother's warm embrace and that red blanket still brings comfort, joy and always reassures me that 'Life is Beautiful' despite all its vicissitudes and uncertainties.



LIFE SKILLS

The Need of The Hour



Smt. Surekha Mathur
W/o Sh. Rajiv Mathur
1972

In today's world, people are facing many emerging issues such as global warming, famines, poverty, suicide, population explosion as well as social, emotional, physical and psychological issues. These have been exacerbated by the prevailing pandemic. Unemployment, lack of job security, cutthroat competition etc are some of the major concerns facing today's society. People do not have the time for developing empathy with their surroundings and to live in harmony with their environment. Social problems like alcoholism, drug abuse, sexual abuse, smoking, juvenile delinquency, anti-social acts have an adverse effect on them and others too. Most people are unable to utilise their potential in an appropriate way due to the lack of guidance and motivation. Hence, the need for developing life skills.

Life skills have been defined by the World Health Organisation as, "*The abilities for adaptive and positive behaviour that enable a person to deal effectively with the demands and challenges of everyday life.*" They enable a person to become happy, responsible, healthy and constructive individuals and focus on values, principles, ethics, honesty along with character building.

Psychologists and educationists have highlighted several life skills which need to be inculcated in one's life. Developing self-awareness is a prerequisite to inculcate life skills. Developing empathy is another skill which can improve social interactions, especially in situations of ethnic or cultural diversity. Critical and creative thinking enables a person to analyse information and experiences in an objective manner and contribute to healthy relationships.

The ability to take decisions and solve issues would enable a person to analyse different options available and its likely repercussions thereby avoiding mental stress and physical strain. Developing the skills required for effective communication enables an individual to express themselves in an appropriate manner and also helps in developing interpersonal relationships. Honing of this skill will enable them to maintain good relations with their family members, friends, colleagues, neighbours etc.

Another area in which life skills help the development of an individual in becoming a more useful member of the society is to develop the ability to cope with stress and emotions. This means recognizing the sources of stress in people's lives, developing coping mechanisms and acting in ways that help control levels of stress by changing one's environment or lifestyle and most importantly learning how to relax.

Train To Simla



Smt. Rita Lal
W/o Sh. Ajit Lal
1974

*If you wish to travel to Simla from the plains,
Forget the winding roads and take the train,
The journey will be much longer, that is for sure,
But the sights you will see, will forever endure,
The whistle stop stations are so small and quaint,
No hustle or bustle but teashops with fading paint,
On the track side, roses bloom in colours bright,
While bougainvilleas drape the surrounding heights,
And as you pass through the many tunnels dark,
Spooky stories narrated are just a Hillman's lark,
So, if to Simla you wish to go again
Remember, half the fun would be going by train.*



KALARIPPAYAT

The Ancient Martial Art Of Kerala



Smt. Devayani Medhekar
W/o Sh. Rajan K. Medhekar
1975



Indigenous to Kerala, *Kalarippayat* is the oldest existing martial art form dating back to 3000 years. Legend traces its creation to the warrior-sage, Parasurama who established forty-two kalaris and trained twenty-one combatants to protect Kerala.

Historically, *Kalarippayat* has its origins in Dhanurveda – the ancient Indian science of warfare. It involved martial training and self-discipline. *Kalarippayat* finds mention in the 4th century texts of Agnipuranam and Natyashastra. It laid down the combat code of the Cholas, Cheras and Pandyas. Kung-fu, popularized by monks of the Shaolin Temple, traces its ancestry to the Bodhi Dharma - the Indian Buddhist monk who was a *Kalaripayattu* master.

Kalari is derived from the Sanskrit term *khloorika*, meaning a place where weapon training is practiced. In Malayalam, *Kalarippayat* means 'martial training inside a *kalari*.' The *kalari* is not merely a martial training

ground, but is also a temple of learning, character-building and worship where the presiding deity is a combination of Shiva and Shakti.

Training begins early with an initiation ritual performed by the Gurukkalar master. The student begins training with the first phase known as Meithari which involves body preparative exercise sequences comprising various leg stretching movements leading to proper balance, basic body postures, leaps and flexibility. Advanced stages of Meithari focus on exercises that help the student with balance and control of flow of energy in the body.

The second phase known as kolthai involves training in wooden weapons like kettukari (long staff), the (cheruvati short staff) and the ottakkol which is a curved wooden weapon.

The third and final phase known as Ankathari or combat training with weapons begins with Kattaram or dagger for duels at close quarters and progresses to techniques of using the *Urumi* or the flexible sword.

The dual role of a martial art master as a physician is crucial in the training and development of a student into a Gurukkal. Students undergo training in mantras and the Kalari system of medicine known as Kalari Chikitsa which is derived from Ayurveda. Specializing in treatments relating to orthopedic disorders and neuro muscular problems, it is based on the knowledge of 108 'marmas' or key vital nodal points of the human body. While this art can be used to injure or kill, it also helps in healing and the massages improve muscular texture, flexibility and stimulate blood circulation for the *Kalarippayat* practitioner.

The *Kalaripayattu* has two distinctive traditions - northern and the southern schools. The northern tradition lays emphasis on progressing from body exercises to combat with weapons, while the southern tradition lays emphasis on footwork, speed and the ability to strike at vital vulnerable points or 'marmas' of the opponent.

During their occupation of India, the British forbade *Kalaripayattu* and the art almost became extinct. However, with the efforts of the late Kottackal Kanaran Gurukkal, late C.V. Narayanan Nair and late C. V. Balan Nair, this heritage was revived. The C.V.N. Kalari Sangham in Trivandrum established in 1956, has been preserving this great tradition in its original form and spirit and organizes performances, both in India and abroad.



COMING TOGETHER TO GROW -IPSWWA



Smt. Manju Sharma
W/o Sh. Dineshwar Sharma
1979

I have been a part of the IPSWWA family for many years now, but my most memorable ones were when I was the President in the years 2015-16. Those two years helped me learn a lot about teamwork, leadership and also enabled me to make great friends. When I took over as President of IPSWWA, I was very motivated to increase the involvement and attendance of members so that we could have a thriving and energetic group of women working together.

The first step I took was to meet the wives of all CPO Chiefs along with



IPSWWA core members and other senior functionaries. We invited them for events to showcase their talent in many forms of art such as music, dancing and painting. This created a lot of excitement and positivity and we saw the attendance going up dramatically. We followed this by creating a calendar of monthly events where all women participated enthusiastically and many friendships were formed.

As a team, we also took up many initiatives under the health, cleanliness and hygiene banner across Delhi NCR and these were also very successful. We visited many NGOs not only in Delhi NCR but also in nearby areas like Mathura and worked with them on women welfare and programmes for the aged in old age homes which had a paucity of funds. This work was very satisfying and brought all IPSWWA members even closer together.

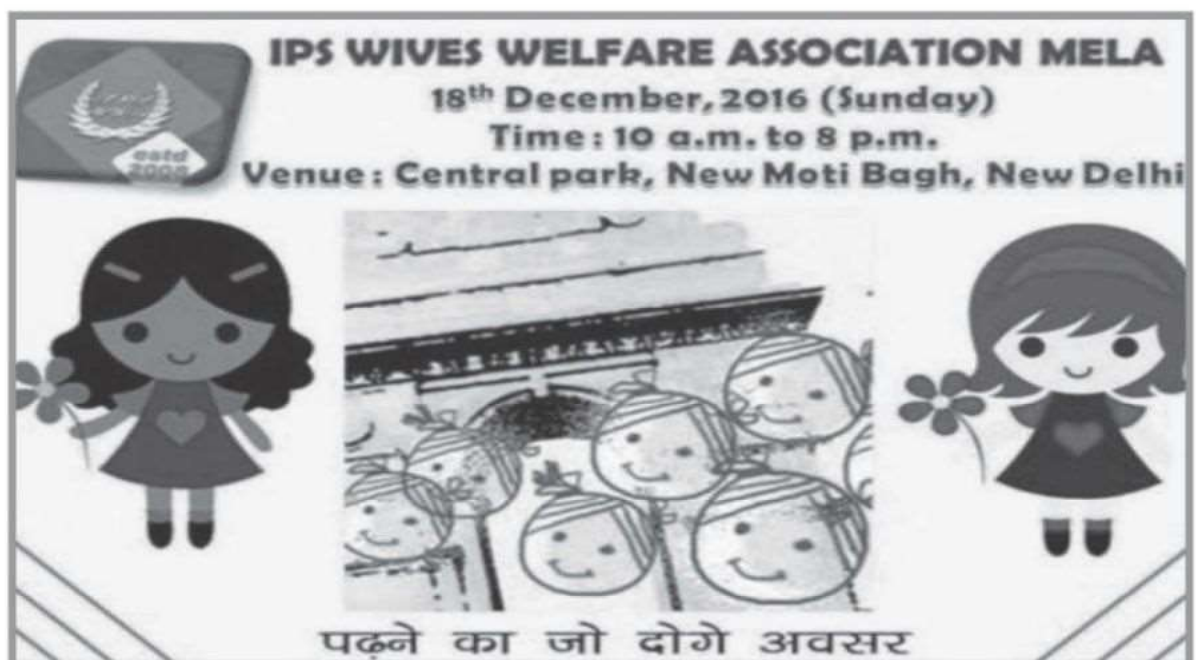


One of our special focus areas during my tenure as President was the 'Beti Bachao, Beti Padhao' initiative. We worked with several NGOs in the area of female education, orphanages for girls and understood real issues women of different age groups faced. We adopted 10 orphan girls and sponsored their education till High School. We also organized melas on this theme which were highly successful and created a lot of awareness.



My tenure as President IPSWWA helped me learn a lot about building and leading teams. I am grateful for this experience because these learnings stayed with me later on too. When my husband was posted as Administrator, Lakshadweep, I continued working towards women empowerment and organized baking and stitching camps for women there which helped them become more self-reliant and earn money while working from home.

I am extremely happy when I revisit the IPSWWA family now and see the continued high attendance and involvement of members and their enthusiasm. I wish each and every one a lot of success in all their endeavours and hope the IPSWWA family will continue growing.



WOMEN POWER



Smt. Surekha Mathur
W/o Sh. Rajiv Mathur
1972

"Just like charity begins at home, we have to start making a change from our home and society. We need to work together to make this world a better place for women."

Smruti Irani, Hon'ble Union Minister for Women and Child Development said this emphasising on the role of women in today's time.

The 21st century woman is self-sufficient, well-aware and financially independent. The journey from house wives to CEOs has been achieved after crossing many milestones and hurdles. Modernisation and the advent of technology has accelerated this transition and women have now established themselves as caretakers, educators and entrepreneurs. Education has played an important role as this has enabled women to get a better understanding of their rights and privileges.

Along with handling tough clients at work, women today successfully multitask at home too. They are focussed and capable of making bold and wise decisions which has enabled them to move from their traditional roles of cooking, cleaning and taking care of families to women who can help society to grow and develop at a faster pace than ever before.

Not only do Indian women contribute significantly to agricultural activities, handicrafts, village art and craft etc, they have also left their mark in diverse fields such as the judiciary, army, police, bureaucracy in addition to education, media and corporate sectors. Recently, Avani Chaturvedi made a name for herself by becoming India's first fighter pilot. Kiran Bedi, the first woman IPS officer, along with Kalpana Chawla, P.V. Sindhu, Pratibha Patil, Indra Nooyi and Mother Teresa are all idols for woman and girls in India as well as across the globe.

Late President, Dr. APJ Abdul Kalam was a great votary for women empowerment who had famously said that, "Empowering women is a prerequisite for creating a good nation. When women are empowered, society with stability is assured. Empowerment of women is essential as their value system leads to the development of a good family, society and ultimately a good nation."

दाम्पत्य



श्रीमती चारु लता अग्रवाल
पत्नी श्री पी.एन. अग्रवाल
1981

दाम्पत्य एक सुखद एहसास है।
सतरंगी सपनों में सजा,
दोनों का आत्म विश्वास है,
आशा की किरण है,
भोर की उजास है।
दाम्पत्य एक सुखद एहसास है॥

अग्नि को साक्षी मान कर बना,
दाम्पत्य एक अटूट बंधन है,
पति-पत्नी का सम्बन्ध,
दो आत्माओं का मिलन है,
जिसमें ईश्वरीय स्वीकृति का आभास है।
दाम्पत्य एक सुखद एहसास है॥

दाम्पत्य नदी में बहती नैया है,
जिसके दो-दो खिवइयां हैं,
प्रेम पथ पर चलना सम्हाल कर,
दाम्पत्य एक नाजुक सम्बन्ध है,
हरी दूब का सा मखमली एहसास है।
दाम्पत्य एक सुखद एहसास है॥

यह पुष्पित सुमन का मकरंद है,
मधुर कविता का एक छंद है,
सुमधुर कर्णप्रिय संगीत है,
दो रागों से मिल कर बना एक गीत है,
अँधेरे में उजाले की आस है।
दाम्पत्य एक सुखद एहसास है॥



COCKROACH PHOBIA



Smt. Sumita Dutta
W/o Sh. Rupak K. Dutta
1981

Perhaps everyone in this world has a fear or revulsion of something or the other. It may be lizards, rats, snakes or even dogs and cats, at times. Funnily, in our family, each and every female member is mortally afraid of a teeny-weeny insect called...the COCKROACH!

This is not a normal revulsion but a deep-rooted inherent fear which transcends generations. There has to be some kink in our gene pool which carries this phobia forward in our family. Our maternal great-grandmother detested the sight of cockroaches. Thereafter, my grandmother carried the legacy forward and it was further handed down to all six of her daughters, as well as all the girls of the next generation; that is my generation. Unfortunately, this phobia doesn't stop there and the fifth generation, that is our kids, have also inherited this unique DNA in their genes. I'm sure they wouldn't be so petrified of even encountering a ghost as much as they are of seeing a measly cockroach! The sight of this dark brownish little menace, wearing a yellowish muffler round its neck, with two dreadful antennas moving forward, as if to say, "*Wait till I reach you*," sends chills down our spines. In fact, long after one has been sighted, we keep shuddering in fright and cannot rest in peace until the pest has been killed and the dead body shown to us as proof!

Much to our embarrassment, there exist umpteen stories of our cockroach phobia. For instance, the time when we were merrily walking down the Worli Sea Face in Mumbai and one of these terrifying creatures came flying in like a torpedo and landed right next to us. As you can very well imagine, all hell broke loose. We women were jumping and screaming around with our saris above our knees, so much so, that some concerned bystanders came rushing in, thinking we had been molested, only to realise that the perpetrator of our angst was a diminutive bug!

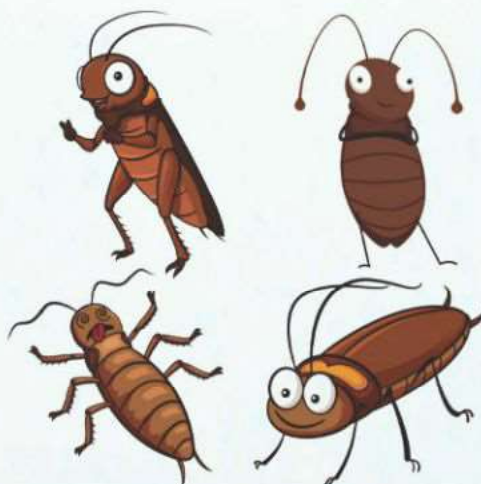
Another hilarious episode happened in Kolkata when we refused to enter a relative's house just because their front yard had big fat cockroaches crawling around it. And the most recent nightmare took place

inside the Kamakhya Temple in Guwahati where the main deity is placed. Deep in prayer, the moment I realised that several cockroaches were also part of the religious congregation, I just ran out helter-skelter, even at the cost of divine displeasure.

But, of all the comically embarrassing "cockroach encounters" of my life, the funniest was as a newly married couple. My police officer husband had an inspection in a small town and we stayed back at the Circuit House for the night. But as luck would have it, at an ungodly hour, I spotted a cockroach in the room and impulsively started screaming and shrieking at the top of my voice. Till then, my brand new husband had no clue about my unique cockroach phobia and couldn't understand why I was yelling my lungs out, waking up the security guards and disturbing other guests too. On realising the reason for my panic, my aghast husband simply picked up the cockroach and flung it out of the room. Phew! We were so embarrassed the next morning wondering what the others might be thinking about all the ruckus we had made, considering we were a newly married couple. But, that day I realised that the main "duty" of my cop husband was to protect me from these damned cockroaches!

Our family has done a lot of research on cockroaches and one peculiar discovery is that the people who are scared of cockroaches are normally not scared of lizards and vice versa. You can check this amazing fact yourself.

Anyways, the women of our extended family have learnt to live with this fear and also how to cope with it. On the lighter side, there is a sense of continuity and pride in the fact that whereas people hand down material things like "zameen-jaayedaad" to their generations, in our family, we bequeath this unique "cockroach phobia."



WHEN PASSION BECOMES A PURPOSE



Smt. Charu Lata Aggarwal
W/o Sh. P. N. Aggarwal
1981

It has been said that, *"Art is like glow worms. It shines best in the dark."* And last year, though the long Lockdown period, subsequent to the corona virus pandemic, was numbing, frightening and extremely frustrating for the whole of humanity, it was also a period of great reflection and creativity. It made us feel powerless and vulnerable. But, I am a person who firmly believes in the power of art, literature, poetry, drawing, dance, drama, handicrafts etc. Art has always been a source of great solace, comfort and inspiration for mankind and a way to gain perspective, especially during times of distress.

During this pandemic, painting is the only thing that helped me balance my personality and keep things on an even keel. Everything was



different in this period, from the life we were so accustomed to living before. Social interactions changed to virtual meetings and we all had to rethink and revise our priorities and responsibilities as far as health, family, education, entertainment etc., were concerned.

As for me, painting has been a journey of discovery. Suddenly, spending more time on drawing and painting was easy mainly because of almost negligible social interactions. And despite managing a household without the help of maids and servants, I still had plenty of time to spare to introspect and felt more focussed too. So, in spite of the challenging times we were living in, I felt a stillness in the house and in my soul which helped me tremendously with my creativity. Initially I started with the pen art in black and white and then gradually moved to infusing colour into my sketches. This certainly has been a very pleasing experience. All I really needed was a pen, some paper and a bit of time.

For me, it was like going back to something that had been missing for a very long time and it is a happy feeling to know that at the end of the day you have created something beautiful. Art also takes away one's mind from all the meaningless thoughts that cloud our mind, which is definitely therapeutic and very soothing. Medically too, it has been proven that painting lowers our cortisol levels after 45 minutes of indulging in creativity and art.



My journey with art started in 1984 while travelling to far off places like Puducherry, Lakshadweep and Arunachal Pradesh in the Union Territories with my husband during his postings there. This also widened my knowledge of our country's rich art and cultural heritage. I also learnt a bit of carving on pieces of corals from local artisans in Lakshadweep.

In 1988, I learnt the intricacies of the amazing Madhubani Art from National Award Winner Sh. Satya Narayan Karn in Bal Bhawan, Delhi. He always used organic colours made from flowers, leaves, coal, cow dung etc. I also had the good fortune of conducting several workshops with him in different places near Delhi. Having keen interest in the folk art forms of India like Madhubani, Warli, Saura, Pichwai, Gond, Phad, Kalamkari, Aipan, Kolam etc., I enjoyed travelling deep into our country to see artisans working in their natural habitats and native places.

I have made more than 150 paintings during the lockdown period and gifted several to my friends and loved ones. Once this had been accomplished, I thought of making them commercially viable also.

I struck upon the idea of using them as table place mats, coasters and trays which was appreciated by my near and dear ones as well. Initially, I was hesitant to do the marketing and publicity, but I managed to spread the word through my friend's Whatsapp groups only. I am really thankful to each one of them for motivating and encouraging me by buying my products and helping me grow. Seeing an overwhelming response, I launched a company for selling my home decor products called "LADY FINGERS" that is fully managed by me. Subsequently, I also employed 2 girls, whom I taught to make bandanwars, torans, wall and door hangings etc. and packing these products.

I have realized that we should allow our passion to become our purpose. Our passion is not how much money we make but much deeper. Passion helps us find direction in life and work. It has been rightly said that, *"You are never too old to set another goal or to dream a new dream."*



मेरा 'मैं' मेरी तलाश में



श्रीमती नैन्सी जायसवाल
पत्नी श्री सुबोध कुमार जायसवाल
1985

मेरा 'मैं' मेरी तलाश में.....
पहरों खामोशियां बुनता रहा, ढूँढता रहा.....
अक्सों में,
तस्वीरों में,
या फिर हाथों की लकीरों में.....
मेरा 'मैं' फिर भी अनजान रहा.....

नामों में,
रिश्तों में,
या फिर आए हुए खिताबों में.....

वंश में,
गांव में,
या फिर दहलीज के उस तख्त में,
जिसमें नाम अपना शुमार किया.....

धर्म में,
कर्म में,
या फिर उन पत्थरों में,
जिन पर नाम अपना खुदवा कर दान किया.....

सूक्ष्म में,
स्थूल में,
या फिर मर्यादित आकार में,
मेरा 'मैं' फिर भी अनजान रहा.....

अचानक,
कल ही मेरी उससे मुलाकात हुई,
मैं 'मैं' से परे हदों से पार हुई,
हां—कल ही मेरी 'अनंत' से पहचान हुई।

REDEFINING WHAT TURNING 60 MEANS



Smt. Mini Jha
W/o Sh. Kishore Jha
1982

Gabriel García Márquez's landmark inter generational novel, *One Hundred Years of Solitude*, poignantly describes old age in this beautiful quote. *"The secret of a good old age is simply an honourable pact with solitude."* But solitude does not necessarily mean shunning all



the little joys and material possessions, turning into a reclusive monk or locking yourself in a cabin or a cave in the wilderness to live the remaining years of your life. Entering your 60s is the delicate act of balancing denial (something that most of us suffer from when we enter our 50s and 60s) and continuing the life-long journey of learning and enjoying new experiences.

I have to admit that once I reached my 30s every decade after that came with a bit of dread and fear of the unknown. The first 40 or 50 odd years of our lives are dictated by a host of responsibilities and have a certain pre-determined trajectory - studying, studying some more, working,

marrying, starting a family, raising kids, preparing your kids for the real world and, even before you have a moment to take a sigh of relief after what felt like decades of unending work, lo and behold, you've aged!



But crossing the threshold and entering your 60s is no longer the same. Yes sure, delusion and denial are your best friends at this point, but what has been remarkable about human evolution is that our life span has increased by almost 10-20 years, thanks to advancement in medicine, better living conditions and healthier food options. But beyond the biological determinants, the one thing I have cherished and learnt over time is that our mindset about ageing



and traditional, archaic, understanding of growing old needs to evolve as well.

As kids, I'm sure you imagined a 60 year - old woman as someone bent over, trudging along with a walking stick, with a head full of grey hair and knitting needles in her hands. But here's the catch. People in their 60s, a bracket I will be entering fairly soon, are defying these conventions and, pretty much, doing everything that a 20 year - old might be doing right now. Whether its setting off on travel expeditions, learning new languages, experiencing different cultures, climbing or hiking on treacherous trails, conquering mountain peaks, learning a new musical instrument or exploring a new art or dance form.

Life needs to be embraced with all its trials and tribulations and your age should not stop you from living each day with a strong sense of purpose and enthusiasm, something that the Japanese have got right. Its a country where people live well beyond their 100s because of a concept known as 'Ikigai' which loosely translates to '*a motivating force; something or someone that gives a person a sense of purpose or a reason for living*'. It's this that has kept them going, whether it's getting in shape for your next birthday, reading books you always thought you'd be able to read or immersing yourself in music.

So ladies, it's time to break away from stereotypes and redefine what your 60s mean to you.



EMBRACING NEW CHALLENGES

As President, PFWS



Smt. Anu Asthana
W/o Sh. Rakesh Asthana
1984

Life has a very interesting way of surprising you just when you think you've reached the finishing line. So, in July this year, that finishing line got pushed further as I assumed the charge of President, Police Families Welfare Society. For a person who likes her yoga sessions, morning walks at the beautifully lush Lodhi garden, playing with her granddaughter and contemplative time reading books, it felt like I had suddenly been thrown into the deep end when my husband, Sh. Rakesh Asthana assumed the charge of Commissioner of Police, Delhi which is a large force with more than 80,000 families.

I have lived in Delhi for a few years now but I couldn't see much of it due to the pandemic we all have been battling. But thanks to PFWS, in the past four months itself, I have visited all of our ten welfare centres and gone to places that even most of you would not have heard of such as Ahata Kidara, Jyoti Nagar, Shalimar Bagh and Narela.

Prior to becoming the President of Police Families Welfare Society, I had held the reins of BWWA as Rakesh was DG, BSF. That tenure was also extremely satisfying as we did quite a lot of good work in the frontiers for the wives and families of the jawans. But Delhi, being the national capital, came with its own challenges. The PFWS team, which comprises of Senior Functionaries and Team Leaders, are an extremely dedicated group of officers wives doing voluntary work, besides having flourishing careers of their own, just for the welfare and betterment of the Delhi Police families. They have been running the society and its ten welfare centres, spread across Delhi, quite well and these centres are really well equipped, so much so, that on a lighter vein, I call them 5 star centres. This only goes to show the dedication and keen interest taken by all the past presidents of PFWS in nurturing the society and bringing it to where it is today. With enthusiasm, innovative ideas and amazing initiatives, PFWS is touching many lives today with its core area of work being employment generation, self-reliance, women empowerment, vocational training, career counselling, health awareness, computer literacy, cultural cohesiveness and





educational enhancement, among others for the families of the Delhi Police personnel. PFWS also has a programme called "Mission Olympics" which scouts for sporting talent from within the Delhi Police families and provides coaching and infrastructure facilities to these children to shine in six disciplines, namely athletics, badminton, football, kabaddi, shooting and wrestling. These wonderfully gifted children have won several medals and

awards over the years at the state, national and international arenas.

As we all know, this year India celebrates 75 years of Independence and the nation is celebrating "Azadi Ka Amrit Mahotsav." So, to mark this momentous occasion, PFWS organised a "RUN FOR UNITY" event that was flagged off from the forecourt of the Rashtrapati Bhawan by the First Lady of the nation, Smt. Savita Kovind ji on 31st October which is the birth anniversary of Sardar Vallabhbhai Patel. The flag will now travel to all of our ten welfare centres over the course of the next few weeks with the event culminating on 16th February, 2022 on the Delhi Police Raising Day. 75 children from our sports programme are bearing this flag which is a symbol of unity and pride for all of us.

Next year, the Police Families Welfare Society, which was established in the year 1972, will be completing 50 years of existence. With its Golden Jubilee celebrations just a few months away, I would like to thank all the past presidents of the society for their commendable contribution in nurturing PFWS and setting the benchmark so high. But I would also like to assure them that, with my dedicated team by my side, I will strive to take the banner of PFWS even higher.



में नदी



श्रीमती सुनीता वशिष्ठ
पत्नी श्री श्रीनिवास वशिष्ठ
1981

में नदी अकेली अलबेली, निकल पड़ी
कल-कल करती, रुकती चलती।
हवा भटकाए, धरा राह दिखाए,
पत्थर बताए ऊंच-नीच,
में बलखाती, उछलती, फिसलती,
चलती गई आंखें मींच।

लिपट गई तपते सूरज के ताप से,
ले रौशनी तारों से, भिड़ गई स्याह रात से।
हज़ारों धाराओं को उठा लिया गोद में,
पत्तों तिनकों को समेट लिया अपने आगोश में।

रुकी नहीं, पलटी नहीं, बस निकलती गई,
दो किनारों के बीच बहती गई,
नैतिकता और मूल्यों के बने ये किनारे हैं,
कहीं रेत और कहीं बजरी से उकारे हैं।

अब खुद पर ही मुस्कुराने लगी हूँ,
पास देख मंजिल को इतराने लगी हूँ।
शायद कभी बन पाऊँ एक विशाल विभूति
गहरी, अथाह, रंघमई अंबुधि।

विभूति	greatness/majesty/यथेष्टता
रंघमई	Cavernous/छेद/सुराख
अथाह	Immeasurable/अपार
अंबुधि	सागर
बजरी	gravel/कंकड़
उकारे	engrave/उकेरना/नक्काशी करना

WEAVING SCALE INTO PHULKARI

Punjab's Pride and The Cultural History of Phulkari



Smt. Nishi Goel
W/o Sh. Samant Goel
1984

In 'The Boss Came to Dinner,' a story by Bhisam Sahni, a mother is sitting in a veranda with both her feet on the seat of a chair, weaving a brightly coloured silk thread on a coarse cotton cloth to the tunes of old folk songs. This is "Phulkari," which translates to phul meaning flower or floral work, a traditional hand-embroidered product that has been popular, distinctively and uniquely in Punjab, since the 15th Century.

The first time the word Phulkari appeared in a written record was in the 17th century when it was documented in the Punjabi folklore, *Heer-Ranjha* by Waris Shah.

Phulkari is more than just a handicraft as the threads of Phulkari are inextricably tied to the history of Punjab. Motifs were crafted either from imagination or, more often, borrowed from the immediate environment. Therefore, designs such as belan (rolling pin), kakri (cucumber) or even chandrama (moon) and satranga (7 colours) are common motifs and patterns recognized in the Phulkari parlance today.

The traditional art of Phulkari was a skill that got passed on from generation to generation amongst women. It also served as a great way for them to enjoy free time with their friends as women would come together and indulge in this art along with endless hours of gossip. Not only does Phulkari exclusively adorn wedding attires and festival salwar kameez's of Punjabi women, but it also has, in trending times, stormed the market for fashion fabrics with a new appeal for infusion.

Phulkari is more than just a garment and deeply interwoven into the traditional ethos of Punjab. It's a rich cultural heritage and heirloom which, like gold, is handed down from one generation to another. Phulkari signifies the shared cultural practices of Punjab and is deemed an important part of one's wardrobe. It is traditionally done on 'khadi' cloth or on a plain cotton fabric known as 'khaddar' with simple darning stitches using the hand spun silk floss yarn called the 'pat.' The stitch is done through a single darn thread. Shading a variation is often obtained by using horizontal, vertical or diagonal stitches.

In 2011, a geographical indication status was awarded to Phulkari to promote and preserve the heritage of Punjab's traditional art. According to the 4th All India Handloom Census Data (2019-2020), there are 758 numbers of handlooms with 338 allied workers and 632 weavers in the state of Punjab.

The Government of Punjab established an agency for the promotion of Small Scale Industries in the state. The aim of the Punjab Small Industries and Export Corporation (also known as PSIEC) is to provide raw materials, facilitate export and promote handicrafts and local culture of Punjab in the world through B2C, B2E and B2G exposure by providing direct market access to artists and weavers.

Various art historians and restorers of traditional crafts suggest that as commercial viability supports sustainability, the art has to be made more visible through exhibitions, displays and marketing. From flowy colourful dupattas to sarees and modern silhouettes, Phulkari is deeply entrenched in the cultural handloom of Punjab and has the potential of translating into a modern wardrobe.



PRERNA

A Beacon of Perpetual Light



Smt. Sandhya Ganapathy
W/o Sh. M. A. Ganapathy
1986

"Sometimes, real superheroes live in the hearts of small children fighting big battles."



Perna, a facilitation and developmental centre for children with special needs was established by NWYA (The NSG Wives Welfare Association) spearheaded by the then President of the association, Smt. Radha Chaudhary on 16th October, 2014, the NSG Raising Day.

The prime motivation behind establishing Prerna at the NSG Campus at Manesar was to alleviate the sufferings of our 40 odd special children and their parents who had to undergo a torturous journey of more than 100 kms daily just to get thirty minutes of therapy. But once the Prerna F and D Centre was set up, there was no looking back. This facility comprises of 9 rooms which have been customised, upgraded and equipped to provide various therapies to our children. A comprehensive curriculum-cum-treatment mechanism has been established at Prerna with the professional guidance of a team of NSG doctors, therapists, handlers and helpers. The main aim is to provide different therapies to our children according to their abilities, so as to enhance their mental and physical skills. Prerna provides

quality service to our children at all times and its efforts have been especially recognised and appreciated during the Covid pandemic wherein online classes and therapy sessions were conducted, five times a week.

At Prerna, numerous counselling sessions are conducted from time to time with the aim of acquainting parents with the need to understand and help their children better, especially to assist them in improving their skills. The main focus of the counselling sessions with parents is to make them realise how "special" their children are in every way and, more importantly,



the fact that they too as parents, are very special. For these children, it is the immense love, care and nurturing provided by their parents that will help them have a happy and normal life. Through constant counselling and regular talks, our parents feel confident and more adept at taking care and giving love. They consider their children assets and as one parent aptly said, *"I feel blessed as a parent that God has sent this child to me."* The positivity shown through their feelings and emotions assures the child that he/she is truly precious.

As of now, Prerna, which means "inspiration" in Hindi, has 48 children out of which 33, 12 boys and 11 girls, belong to the NSG personnel. The number of civilian children from the neighbouring areas is around 15 of which 12 are boys and 3 girls.

But nothing would have been possible without our dedicated Team Prerna. They are the backbone of our facility who make the impossible, possible. Our children are battling Down/West syndrome, intellectual disability, hearing impairment, cerebral palsy, autism, ADHD and several other developmental issues. Our dedicated staff is led by Dr. V. Mathur, Dr. Anand Bhandari, Mr. N.C. Tiwari, Mr. Ashok Kumar Yadav (Speech Therapist), Ms. Asha Arya (Occupational Therapist), Mr. Satya Prakash (Physiotherapist) and Ms. Prem and Ms. Nirmala (Helpers). The efforts of Prerna and NSG has been appreciated by the National Brain Research Centre (NBRC) and the officials of the Department of Empowerment of Persons with Disabilities that comes under the Ministry of Social Justice and Empowerment.

It is said that the greatness of a community can most accurately be measured by the compassionate actions of its members. In this regard, IPSWWA more than fulfils its role by donating generously every year to the Prerna Facilitation and Developmental Centre.

We, at Prerna and NSG, await you eagerly.

The Sea Sees Me



Smt. Priti Singh
W/o Sh. Sanjay Singh
1990

As I sit by the shore
Waves come, waves go
Like a rhythmic pulse
They heave and
convulse
As a tangerine sun
Completes a home run
And begins its descent
Looking tired and spent
Into the calm embrace
Of a slumbering sea
That I see!

A warmth engulfs
Relaxing my pulse
While the saline scent
In the breeze present
Leaves a hint on my lips
As some cargo ships
Hit the line of horizon
In tandem with the sun
Retiring for the day
Painting everything
grey
Like a perfect
screenplay!

I sigh in wonderment
At this diurnal event
That I've seen so often
Yet my eyes soften
As I rise to my feet
Dusting sand from my
pleats
And see faceless silhouettes
Float past as vignettes
A seagull follows
My footprints hollow
And a wave beckons!

I stop and I see
The cradling of the sea
Tumultuous yet calm
A sublime scenic balm
Mirror to my soul
Shattered, yet whole
Almost say to me
There's no master key
Just go with the flow
The high and the low
For we shall rise again
And pen
A new tomorrow!



MY CONTRIBUTION TO THE POLICE PARIVAAR



Smt. Seema Agarwal
W/o Sh. Naveen Agarwal
1986

My life as a wife of a police officer in Kashmir provided me with ample opportunity to contribute my bit to the families and wards of our police constabulary. Personnel posted at remote and far-off places, many with uneducated wives, saw no meaning in education and were not keen to send their children to school. To make such children and their mothers realize the importance of seeking knowledge and education, I started counselling and guiding them. My background of a post-graduate with a degree in Psychology and also of being a certified counsellor helped greatly. Gradually, these children and their mothers happily began coming to my place to learn. These small steps, also taken up by like-minded wives of other officers, lead to the establishing of a nursery school, followed by continuous upgradation, culminating in what we at present have the Police-Public School at Jammu, Srinagar and several other districts, with beautiful, lush-green campuses and impressive infrastructure. Hostel facility has also been made available at these locations for children of those posted outside the district and free education is being provided to children of police martyrs.



When my husband was posted as Director of the Police Academy at Udhampur, I encountered families of police personnel who resided on-campus and wanted to utilize their spare time in productive activities. As a result, I started a Families Welfare Centre where skills such as training in garment stitching, knitting and embroidery were imparted. Later, these



skilled family members prepared embroidered bed-sheets, suits, bags, woolen baby-suits, sweaters and several other stitched items that were then sold in Police-Public Melas. This helped the police families financially also.

In order to channelize the youth into meaningful creative activities, I also encouraged identification of talent amongst them which could be further nurtured. Several talent search contests, sports events and music competitions were organized to identify such talented wards and suitable prizes were awarded to them, besides public recognition.

I have done my B.Ed. to be a good educator and even cleared the UGC-NET to teach at the degree college, but today I feel more content having done my bit to ameliorate the lot of our police parivaar. The smiles on their faces and their achievements have been a lot more satisfying and fulfilling, giving me a feeling of real success.



CRACKING OPEN A COCONUT



Smt. Priti Singh
W/o Sh. Sanjay Singh
1990

My father always told me that there were two kinds of people in this world - the ones who overlooked every malady, every mystery, every mirth. People whose life graphs rarely fluctuated with the quotidian rhythm of human existence. And then there were others who looked beyond the physical response of optic nerves. People who saw a meaning in everything and sought answers to the many mysteries of life. As far as I was concerned, there was never a doubt about my typification. A string of broken toys and gadgets bore testimony to this inquisitive trait, which had a habit of resurfacing every now and then.

After living on the mellifluous islands of Andaman and Nicobar surrounded by the ubiquitous coconut tree, I knew this was bound to happen again. The daily consumption of freshly plucked coconuts with mouth-watering kernel and the purest form of liquid available to man somehow wasn't enough to revive my flagging spirits and quench my inquisitive thirst. And the more I saw this 'nut-orious' fruit, which cruelly was everywhere, the more I wanted to know about it.

As time passed, this itch only grew stronger and I was certain that I had to dig deeper into the impregnable nut through layers of husk to ferret out answers unknown even to the locals. The only thing they could tell me was that because it was a sacred fruit, a coconut somehow never fell on anyone's head. There were times when it had scraped the victim, but amazingly never on top of the head. We had a number of coconut trees in our compound. Nevertheless, my head decided best not to test the veracity of this local belief. However, it didn't deter me from my original mission of discovering more about this odd looking fruit. It was a puzzle that had to be solved and a nut that had to be cracked open for the benefit of all those people who had smashed a coconut in front of their brand new cars, made an offering of it to propitiate the Gods, gorged on South-Indian chutneys or simply sipped *naariyal paani* on a hot sultry day. Shamelessly, I was guilty of all the above and, no wonder, very curious to know more about this 'King of all nuts.' So, I went scouting for answers and this is what I discovered.





The original home of the coconut lay somewhere northwest of the pacific island nation of New Guinea from where it travelled to various parts of the world, eventually colonizing the tropical belt. The coconut has been referred to in the literatures of India and Ceylon but surprisingly finds no mention in the Bible. It gets its name from the Portuguese word 'Coco' which means head or skull as it has

three holes. A single coconut palm tree yields around 100 coconuts in a year. But it takes almost 160 days for a coconut to reach its full size, only after which does the shell begin to harden. Once this process is under way, another 220 days are required for the coconut to reach maturity and be plucked for extraction, all in all taking almost a year to be fully formed, easily beating the normal gestation period of a human baby.

Being a very useful fruit, man can use almost every part of the coconut. Contrary to common perception, coconut oil, which till a while back was considered harmful because of high quantities of saturated fats, is today regarded as a healthy oil. Research has shown that the medium chain fats present in virgin coconut oil are similar to the fat found in mother's milk and have the same nutritional benefits. The oil is also known for having antiviral, antibacterial and antifungal properties and the water a life-saver in a heatstroke or dehydration.

In Sanskrit, coconut has been called "KalpaVriksha" which means "the tree which provides all necessities of life." It has been called "Man's most useful tree," "King of the tropical flora," "Tree of Heaven," "Tree of Life" and also, "A Lazy Man's Crop" as it doesn't require a lot of tending to once the plant has firmly taken root. It's a much valued cash crop that economically sustains several



communities. You'd be surprised if I told you that coconuts have far more utility than is commonly perceived and more than a 100 products, including cosmetics, are made directly or indirectly from this very underrated fruit. Even the trunk of the coconut tree, which appears to be of little value, is used as construction lumber known as "porcupine wood" in places where it is easily available. Today, almost 86 countries all around the world grow this fruit with 90% of the world's coconut production coming from Asia. India alone produces almost 21,207 million nuts every year, which is 34% of the global production. Pretty nutty statistics, right?

So, after learning so much about the coconut, it's not surprising that this humble fruit has found new respect in my eyes, which, lo and behold, has an entire day in its honour. Yes! Every year on 2nd September, people celebrate the World Coconut Day. So, mark your calendars as you gorge on this amazing fruit which, just to leave you with one last fact, is actually a one seeded drupe! Now chew on that!

75
आज़ादी का
अमृत महोत्सव



बिटिया रानी बड़ी हो गई



श्रीमती गीता पाठक
पत्नी श्री दीपेंद्र पाठक
1990

समय गुजरा पंख लगाकर,
बिटिया रानी बड़ी हो गई।

आंखों में ममता भर आई,
एक-एक पग बढ़ा कर,
जब बिटिया रानी बड़ी हो गई।

एक-एक ईंट लगाकर,
जैसे मैंने भवन बनाया,
छोटे-छोटे पौधे लगाकर,
जैसे मैंने चमन बनाया,
सारे दुख, सारी पीड़ा हर के,
संजीवनी की झड़ी हो गई,
बिटिया रानी बड़ी हो गई।

उसकी चोट, मेरी पीड़ा,
उसका गिरना, मेरा रोना,
सुख-दुख के गुजरते पलों में,
कब रोशनी की लड़ी हो गई,
बिटिया रानी बड़ी हो गई।

उसकी हर कामयाबी, हर खुशी से,
मेरी झोली भर जाती है,
उसकी हर मुस्कान
मोती सी चमक हो जाती है
समय गुजरते लाडो रानी,
जीवन धन की छड़ी हो गई,
बिटिया रानी बड़ी हो गई।



Smt. Madhumita Balaji
W/o Sh. Balaji Srivastava
1988

WOMEN AND POWER JOBS



Smt. Simerpreet Luthra
W/o Sh. Tajender Singh Luthra
1990

A society's prominence is judged by the social status of its women. In the nineteenth century, it was considered derogatory for women to work outside their homes, though they had no other means of subsistence. However, after Independence, Indian society has undergone tremendous change. Rising education levels, the impact of cinema, TV and the internet have all played a positive role in empowering women. Resultantly, there is a phenomenal increase in the number of women taking higher education and seeking employment. Many legislation that have been enacted have also given women an equal opportunity in the workplace, households and property ownership.

However, various studies show that women are still under-represented in power jobs. Historically, men have been dominating the power jobs, pushing women to the margins. Although women exhibit more pro-social traits and are more open to gender diversity, they have been marginalized to the so-called women-type jobs like teaching, clerical and the medical sector. Law enforcement is no exception. The primary reason that law enforcement is a male-dominated occupation, and women cannot handle the so-called front end jobs that have been the prerogative of men so far, is a complete myth. Many inherent personality traits of women like a caring attitude, sensitivity to human sufferings, empathy, respect for human rights and kindness make the map referred choice for policing and the police force. Women sports teams and sportswomen have also proven their mettle at national and international arenas claiming their operational role and indispensability. Similarly, women police leadership has also proved its worth in the last three decades.

In modern history, women started entering the police force in 1938. Initially, they were given jobs of access control and other peripheral nature. However, with enhanced education and awareness in society,

women now compete with their male counterparts in the so far male-dominated jobs like Commando Units as well. Rising crimes, especially violence against women, also raise society's concerns for our safety. And, one good solution to address this problem is to have more women in law enforcement. Data shows that women in police forces constitute 10% in India, 12% in the U.S, 17% in Liberia, 29% in England and Wales and 33% in Uganda. Thus, women's representation in the police is much lower than their demographic share in the population. The data further shows that crime against women is higher in the countries where they are poorly represented in police. This bolsters the case for inducting more women into police forces to deal with crime against women.

It can be argued that the representation of women is linked to the growth and financial well being of a society, yet this is not entirely true. Many oil-producing countries, having prosperous economies, do not have a fair representation of women in the police.

The Government has set a target of 33% women in the police forces but the data shows that as of January, 2020 there were only 2,15,504 (10.30%) women out of 20,91,448 police in the States and UTs. The percentage is highest in Bihar (25.30%) and lowest in Jammu and Kashmir (3.31%). Some of the States have made a provision for 33% reservation for women in police but they have yet to achieve it. At the same time, many States have not yet made any such provision.

A recent study shows that 'women help desks' at police stations to help women victims of crimes cannot be operated at several police stations as there is a shortage of women police force there. This shortage is severe in rural areas. Therefore, the availability of adequate women police personnel is essential for reducing the crimes against women. The existing women-police to women-population ratio is still very low though the numbers have increased from 1,10,872 in 2014 to 2,15, 504 in 2019 and there was an increase of 16.05% from 2018 to 2019.

Our country has done a lot to empower women, but we have miles to go before we sleep. Given a chance, Indian women can prove much better than men in crime control and policing, if given a fair chance and a level playing field.

स्वतंत्रता आंदोलन

एक नज़र, एक सफर



श्रीमती रूबी चतुर्वेदी
पत्नी श्री श्याम सुंदर चतुर्वेदी
1990

1915 में, प्रथम विश्वयुद्ध के दौरान, मोहनदास करमचंद गांधी दक्षिण अफ्रीका से वापस भारत आए। 1916 में, जवाहरलाल नेहरू, गांधी जी से मिले और उनसे प्रभावित होकर, वह भी उनके सहयोगी बन गए।

चंपारण सत्याग्रह— गांधी जी ने अपने प्रथम सत्याग्रह की शुरुआत 19 अप्रैल, 1917 को बिहार के चंपारण जिले से की थी। नील की खेती के विरोध में चल रहे किसान आंदोलन को गांधी जी का साथ मिला और यह आंदोलन विस्तृत रूप से चल निकला। यहीं से गांधी जी को डॉ. राजेंद्र प्रसाद का साथ मिला। अंततः 1918 में 'चंपारण कृषि अधिनियम' बना और किसानों को नील की खेती की बाध्यता से मुक्ति मिली।

खेड़ा सत्याग्रह— 1918 में, गुजरात के खेड़ा में जबरन कर-वसूली के विरोध में आंदोलन कर रहे किसानों को गांधी जी का साथ मिला। इसे 'खेड़ा सत्याग्रह' के नाम से जाना जाता है। यहीं से सरदार वल्लभ भाई पटेल भी गांधी जी के सहयोगी हो गए। इस आंदोलन का परिणाम यह रहा कि लगान वसूली बंद हो गई।

रौलेट एक्ट— 18 मार्च, 1919 को रौलेट एक्ट पास हुआ, जिसे 'काला कानून' नाम दिया गया। इसके अनुसार बिना मुकदमा चलाए किसी भी भारतीय को जेल की सजा हो सकती थी। हर जगह इसका विरोध शुरू हो गया।

जलियांवाला बाग हत्याकांड— 13 अप्रैल, 1919 को बैसाखी के दिन, डॉ. सैफुद्दीन किचलू और सतपाल की गिरफ्तारी के विरोध में अमृतसर के जलियांवाला बाग में शांतिपूर्ण प्रदर्शन के लिए लोग एकत्र हुए। इनमें कई महिलाएं और बच्चे भी शामिल थे। जनरल डायर ने उन पर अंधाधुंध गोलियां चलवाईं। हजारों लोग मारे गए। इस नरसंहार के विरोध में रविंद्रनाथ टैगोर ने ब्रिटिश सरकार की ओर से मिली 'नाइटहुड' की उपाधि को त्याग दिया।

असहयोग आंदोलन— जलियांवाला बाग नरसंहार सहित अनेक घटनाओं के बाद 4 सितंबर, 1920 को कांग्रेस के कलकत्ता अधिवेशन में असहयोग आंदोलन (Non-Cooperation Movement) का प्रस्ताव पारित हुआ। देशवासियों से अपील की गई कि स्कूल, कॉलेज, न्यायालय सहित सारे सरकारी संस्थानों तथा विदेशी वस्तुओं का बहिष्कार करें एवं कर न दें। असहयोग आंदोलन को खिलाफत आंदोलन के साथ जोड़ दिया गया। जिससे इसे मजबूती मिली। 1857 के स्वतंत्रता संग्राम के बाद पहली बार इस आंदोलन ने अंग्रेजी सरकार की नींव हिला डाली।

चौरी-चौरा कांड— फरवरी 1922 में, गोरखपुर के चौरी-चौरा में किसानों के एक समूह ने पुलिस थाने पर आक्रमण कर उसमें आग लगा दी जिससे कई पुलिस वालों की जान चली गई। इस हिंसक घटना के बाद, गांधी जी ने असहयोग आंदोलन स्थगित कर दिया। गांधी जी को 6 वर्ष जेल की सज़ा भी सुनाई गई।

साइमन कमीशन— 3 फरवरी, 1928 को साइमन कमीशन भारत आया। इसके सदस्यों में कोई भारतीय नहीं था, केवल अंग्रेज़ ही थे। इसके विरोध में 'साइमन गो बैक' के नारों के साथ देशव्यापी हड़ताल शुरू हो गई। लाहौर में लाला लाजपत राय के नेतृत्व में काले झंडे दिखाए गए। लाठीचार्ज हुई और लाला लाजपत राय घायल हो गए। अंततः उनका देहांत हो गया।

सेंट्रल असेंबली बम कांड— 8 अप्रैल, 1929 को दिल्ली सेंट्रल असेंबली में सरदार भगत सिंह और बटुकेश्वर दत्त ने बम फेंका और अपनी गिरफ्तारी दी। यह किसी को हताहत करने के लिए नहीं किया गया था। लाहौर षड़यंत्र के नाम से इन पर मुकदमा चला। 23 मार्च, 1931 को भगत सिंह, राजगुरु और सुखदेव को लाहौर जेल में फांसी दे दी गई। बटुकेश्वर दत्त को काला पानी की सज़ा हो गई।

सविनय अवज्ञा आंदोलन— 1930 में गांधी जी के नेतृत्व में सविनय अवज्ञा आंदोलन (Civil Disobedience Movement) की शुरुआत हुई। इसका आरंभ गांधी जी के प्रसिद्ध 'डांडी मार्च' से हुआ। साबरमती आश्रम से कुछ दूर डांडी में 6 अप्रैल, 1930 को गांधी जी ने नमक कानून तोड़ा। इसके साथ ही सविनय अवज्ञा आंदोलन का प्रसार हो गया। महिलाओं सहित, लाखों लोगों ने इस आंदोलन में भाग लिया।

भारत छोड़ो आंदोलन— 8 अगस्त, 1942 को भारत छोड़ो आंदोलन (Quit India Movement) का आरंभ हुआ। इसे 'अगस्त क्रांति' भी कहते हैं। इस आंदोलन का लक्ष्य भारत से ब्रिटिश साम्राज्य को समाप्त करना था। 1943 के अंत तक इस आंदोलन ने पूरे भारत को संगठित कर दिया। इसी समय, गांधी जी ने 'करो या मरो' का नारा भी दिया। लाखों युवाओं ने कॉलेज छोड़कर इसमें भाग लिया। गांधी जी व अन्य कई कांग्रेसी नेता गिरफ्तार कर लिए गए। 1944 में, जब विश्व युद्ध समाप्ति की ओर था, तब गांधी जी को रिहा कर दिया गया।

स्वतंत्रता की ओर— 1945 में ब्रिटेन में लेबर पार्टी की सरकार बनी, जो भारतीय स्वतंत्रता के पक्ष में थी। फरवरी 1947 में लॉर्ड माउंटबेटन भारत के वायसराय नियुक्त किए गए। उन्होंने भारत की स्वतंत्रता तथा साथ ही विभाजन का भी ऐलान किया।

स्वतंत्र भारत— 15 अगस्त, 1947 को भारत की चिर-प्रतिक्षित स्वतंत्रता ने देश का दामन खुशियों से सराबोर कर दिया। साथ ही, उसे विभाजन का दंश भी सहना पड़ा। महात्मा गांधी को 'राष्ट्रपिता' की उपाधि दी गई।

इस साल हम स्वतंत्रता की 75वीं वर्षगांठ मना रहे हैं। हमारा देश एक 'स्वतंत्र, संप्रभुता संपन्न, प्रजातांत्रिक गणराज्य' है। इस स्वतंत्रता को पाने के क्रम में कितनी महान आत्माओं ने त्याग और बलिदान से इस देश की मिट्टी पर अपनी गाथाएं रच दीं! कितनी विभूतियों ने अपने रक्त बहाए! इन सभी आदरणीय महान आत्माओं को हमारा शत्-शत् नमन! हमारा प्यारा भारत सदा फलता-फूलता रहे। एक महान शक्ति बनकर उभरे। प्रेम और अहिंसा का संदेश पूरे विश्व में फैलाए, यही हमारी कामना है।

FOOD FOR THOUGHT



Smt. Kusum Lata
W/o Sh. Rajiv Ahir
1996



An extremely thin line separates the externally and implicitly imposed duty and internally motivated choice, particularly in activities that have historically been gendered such as cooking. This question often crosses my mind, why does the sole responsibility for the kitchen always fall on the woman's shoulders? It is deemed and taken for granted that the kitchen is a woman's domain.

But why so? Does the kitchen provide a space in which a woman can unwind and find a creative outlet? Do women genuinely love cooking or they choose it by default because their mothers and grandmothers did it and other avenues of self-expression have been closed to them? Or is it just herd mentality? These are questions which are always left unanswered and often not even raised or pondered over.

It is also important to consider the role played by the older women of the household in reinforcing this regressive notion of women being solely

responsible for the kitchen duties and the limitations imposed on females in any patriarchal society. Even if a woman wishes to break free of these societal norms, she is constantly reminded by other women of her "familial responsibilities" and "place in the household."

Domestic cooking or everyday cooking is an obligation and laborious task that needs to be identified as a skill. It leaves you with very little time for other more cerebral activities as it requires so much work and planning – from chopping, serving, cleaning up, figuring out what to do with the leftovers, remembering what is there in the kitchen and juggling between the tastes and demands of different generations living under one roof. Women always have to keep these things in mind as this part of the household responsibility typically falls in the woman's domain.

In today's time, daily cooking is mostly done by domestic help who are paid wages for their labour. In fact, one can honestly say that the professional careers of many financially independent urban women hinges on the support they get from their household staff. And hence, domestic cooking is perceived as being less important than the work done outside the home. As a result, such household tasks are either deemed menial, insignificant and not given due importance and respect.

It is high time that we tackle this discrimination and make it gender agnostic by teaching even our boys the importance of cooking. I enjoy doing it but honestly, it's not something I can do all the time and be the only thing in my life that I'm identified with. Equality demands that when the wife is unable to cook, the husband should step in. Families today should make a conscious effort to share the kitchen space and make it an "our" instead of "her" space. But it would be amiss to not recognize the small but significant architectural changes that are already taking place to bring parity in familial responsibilities and societal structure with the incorporation of open-door kitchens, making this space a focal point of the main household instead of it being located in a remote corner of the house, as was done in the past. If the way to a family's heart is through the stomach, then the kitchen and everyone who commands that space - man, woman or help, should be given the respect and importance they truly deserve.



लौह पुरुष और भारत का एकीकरण



श्रीमती रूबी चतुर्वेदी
पत्नी श्री श्याम सुंदर चतुर्वेदी
1990

सरदार वल्लभभाई पटेल एक ऐसा नाम, एक ऐसी शख्सियत है, जिनके आगे हर भारतवासी का सर खुद-ब-खुद श्रद्धा से झुक जाता है और गर्व से ऊंचा उठ जाता है। आज हमारे समक्ष एक संगठित भारत की जो रंग-बिरंगी तस्वीर है, वह हमारे 'लौह पुरुष' सरदार पटेल की चित्रित की हुई है। सरदार पटेल का जन्म 31 अक्टूबर, 1875 को नडियाद, जो ब्रिटिश भारत के मुंबई प्रेसिडेंसी के अंतर्गत था, में हुआ था। उन्होंने लंदन से बैरिस्टर की पढ़ाई पूरी की और वापस भारत आकर अहमदाबाद में वकालत करने लगे। खेड़ा आंदोलन के समय महात्मा गांधी से प्रभावित होकर वह अपनी अच्छी खासी, जमी-जमाई वकालत छोड़ कर स्वतंत्रता आंदोलन में कूद पड़े। उन्होंने बारडोली सत्याग्रह का नेतृत्व किया था। आंदोलन की सफलता पर वहां की महिलाओं ने उन्हें 'सरदार' की उपाधि प्रदान की थी, जिसका अर्थ है, 'प्रमुख'। सरदार पटेल स्वतंत्र भारत के उप-प्रधानमंत्री, गृहमंत्री तथा सूचना एवं प्रसारण मंत्री थे। 15 अगस्त, 1947 को अर्धरात्रि के समय भारत को स्वतंत्रता मिली, स्वतंत्र भारत के प्रथम प्रधानमंत्री पंडित जवाहरलाल नेहरू ने उसी रात को **Constituent Assembly** के विशेष सत्र को संबोधित किया। यह प्रसिद्ध '**Tryst With Destiny**' भाषण था। स्वतंत्र भारत का जन्म अत्यंत ही कठिन परिस्थितियों में हुआ। आज़ादी हमें देश के विभाजन के साथ मिली। स्वतंत्रता पूर्व का भारत ब्रिटिश शासित प्रांतों और अनेक छोटी बड़ी रियासतों में बँटा हुआ था। प्रांत सीधे ब्रिटिश साम्राज्य के अधीन थे पर रियासतें अपने-अपने राजाओं, नवाबों और निज़ाम के अधीन थीं, जिन पर ब्रिटिश साम्राज्य का प्रभुत्व था। भारत में कुल मिलाकर 565 रियासतें थी। स्वतंत्रता के ठीक पूर्व, ब्रिटिश राज ने यह घोषणा कर दी कि उनके साम्राज्य के अंत के साथ ही इन देसी रियासतों पर ब्रिटिश राज्य का आधिपत्य समाप्त हो जाएगा और वे कानूनी रूप से स्वतंत्र हो जाएंगी। देशी रियासतें खुद निर्णय करेंगी कि वे भारत में मिले या पाकिस्तान में, या अपना स्वतंत्र अस्तित्व रखें। यह निर्णय प्रजा पर नहीं अपितु शासकों पर छोड़ दिया गया। यह बड़ी गंभीर और

विकट समस्या थी और साथ ही संयुक्त भारत के अस्तित्व के लिए बहुत बड़ा खतरा थीं। इस मसले को हल करने की जिम्मेदारी उठाई सरदार पटेल ने। 5 जुलाई, 1947 को रियासती विभाग बनाया गया। इसके अध्यक्ष सरदार पटेल बने और सचिव श्री वी. पी. मेनन को बनाया गया। आजादी के पूर्व ही सरदार पटेल ने वी.पी. मेनन के साथ मिलकर रियासतों का भारत में विलय का कार्य आरंभ कर दिया था। जम्मू-कश्मीर, जूनागढ़ और हैदराबाद के रियासतों को छोड़कर सभी छोटी-बड़ी रियासतों ने भारत में विलय का प्रस्ताव स्वीकार कर लिया।

सर्वप्रथम त्रावणकोर रियासत के राजा, बलराम वर्मा ने स्वतंत्रता की घोषणा कर दी। राज्य के दीवान थे सी.पी. रामास्वामी अय्यर। यही राज्य के सारे फैसले लेते थे जिन पर राजा मुहर लगा दिया करते थे। जनता ने रियासत के इस फैसले पर अधिक उत्साह नहीं दिखाया। अय्यर पर एक दिन जानलेवा हमला हुआ और तब उन्होंने राजा को सुझाव दिया कि समझौता करके भारत में विलय कर लेना चाहिए।

भोपाल रियासत के नवाब पहले तो स्वतंत्र रहना चाहते थे पर जब उन्हें यह पता चला कि उनके दोस्त और कुछ रियासतें भारत में शामिल हो रही हैं, तब 1947 में, वह भी भारत में विलय को सहमत हो गए। फिर भी कई दिनों तक नवाब की कोशिश स्वतंत्र रहने की रही और भोपाल में रियासत का ही झंडा लहराता रहा। पर वह क्षेत्र हिंदू बहुल होने के कारण जनता भारत में विलय की इच्छुक थी। इस बात को लेकर वहां जन-आंदोलन आरंभ हो गया। नवाबी पुलिस ने इसे कुचलने की कोशिश की और आंदोलनकारियों पर गोलियां चलवाईं। कई आंदोलनकारी शहीद हो गए। सरदार पटेल और मेनन के प्रयास से स्थिति काबू में आई। नवाब पर दबाव बनाया गया और 1 जून, 1949 को भोपाल रियासत का भारत में विलय हो गया। अब भोपाल में तिरंगा लहराया और नवाबी झंडा उतार दिया गया।

भोपाल के भारत में विलय होने के बाद नवाब हमीदुल्लाह ने अपनी बड़ी बेटी आबिदा सुल्तान को नवाब की पदवी देनी चाही, पर आबिदा ने पाकिस्तान जाने का फैसला कर लिया। नवाब की छोटी बेटी साजिदा सुल्तान ने भारत को अपना देश माना और यहीं रहना पसंद किया। उन्होंने नवाब की गद्दी संभाली। भारत के मशहूर क्रिकेट खिलाड़ी, मंसूर अली खान 'पटौदी' इन्हीं साजिदा सुल्तान के बेटे थे। बाद में उन्हें ही भोपाल के नवाब के तौर पर मान्यता मिली।

बस्तर की रियासत में कच्चे सोने का भारी क्षेत्र था जिसे हैदराबाद के निज़ाम दीर्घकालिक पट्टे पर खरीदना चाहते थे। पटेल को इसकी मनक लगी और वे मेनन को साथ लेकर उड़ीसा पहुंचे। उन्होंने वहां के 23 राजाओं को समझाया और वे बिना किसी संशय के भारत में विलय को तैयार हो गए। वहां से पटेल नागपुर पहुंचे और 38

राजाओं से मिले। उन्हें समझा-बुझाकर उन्होंने भारत में विलय करने को तैयार कर लिया। मुंबई और आसपास की रियासतों से मिलकर उन्हें भी भारत के साथ एकीकरण करने को तैयार कर लिया। अब वे पंजाब पहुंचे। पंजाब की सभी रियासतों ने उनकी बात मान ली। फरीदकोट के राजा ने शुरू में कुछ आनाकानी की, पर अंत में मान गए।

जोधपुर के युवराज पाकिस्तान के साथ विलय के इच्छुक थे। जब सरदार पटेल को यह बात पता चली तब उन्होंने तत्काल युवराज से संपर्क किया। उसे समझा-बुझाकर कई सुविधाएं देने का प्रस्ताव रखा और जोधपुर राज्य का भारत में विलय करवाया।

जूनागढ़ के नवाब ने पाकिस्तान में विलय करने की घोषणा कर दी पर राज्य के निवासियों ने इसके विरोध में नवाब के विरुद्ध विद्रोह कर दिया। सरदार पटेल ने भी केंद्र से सेना भिजवा दी। नवाब कराची भाग गया। पटेल ने पाकिस्तान के समक्ष जूनागढ़ में जनमत संग्रह का प्रस्ताव रखा। सेना की सहायता से जूनागढ़ के दीवान को जनमत संग्रह के लिए बाध्य किया गया। 91 प्रतिशत जनता ने भारत के साथ विलय करने के पक्ष में अपना मत दिया। इस प्रकार 9 नवंबर, 1947 को जूनागढ़ का विलय भारत में हो गया।

हैदराबाद देश की सबसे बड़ी रियासत थी। पुराने हैदराबाद रियासत का कुछ भाग आज के महाराष्ट्र, कर्नाटक और आंध्र प्रदेश में है। इसका शासक निजाम हुआ करता था। जिसकी गिनती विश्व के चंद अमीर लोगों में हुआ करती थी। निजाम का विचार या तो स्वतंत्र रहने का था या पाकिस्तान में विलय करने का था। इस बीच प्रजा ने निजाम के विरुद्ध आंदोलन आरंभ कर दिया। तेलंगाना क्षेत्र के किसानों ने भी आंदोलनकारियों का साथ दिया। कम्युनिस्ट पार्टी और हैदराबाद कांग्रेस भी आंदोलन में शामिल हो गई। निजाम ने अपनी सेना 'रज़ाकार', जो रियासत को बनाए रखने तथा पाकिस्तान में विलय करने के ध्येय से बनाई गई थी, द्वारा क्रूरतापूर्वक आंदोलन को दबाने की कोशिश की। भारतीय सेना को तत्काल हैदराबाद रियासत भेजा गया और वहां की स्थिति से निबटने का आदेश दिया गया। भारतीय सेना ने 'ऑपरेशन पोलो' के तहत रज़ाकार का ख़ात्मा कर दिया। रज़ाकार के नायक, कासिम रिज़वी को पकड़कर जेल में डाल दिया गया। अंततः उसे 48 घंटे के अंदर देश छोड़कर पाकिस्तान जाने की अनुमति प्रदान की गई। निजाम ने आत्मसमर्पण कर दिया। इस प्रकार हैदराबाद रियासत का भारत में विलय कर लिया गया।

कश्मीर के महाराजा हरिसिंह भारत या पाकिस्तान, किसी के भी साथ विलय के इच्छुक नहीं थे। वे जम्मू-कश्मीर को स्वतंत्र राज्य बनाए रखना चाहते थे, किंतु जब पाकिस्तान से सशस्त्र कबायली आक्रमण हुआ और वे कश्मीर के अंदर घुस आए तो

महाराजा ने भारत से सहायता की अपील की। भारत सरकार ने इस शर्त पर सहायता देना मंजूर किया कि महाराजा कश्मीर का भारत में विलय करना स्वीकार करें। हरि सिंह ने सशर्त भारत में विलय करना स्वीकार कर लिया।

भारत की स्वतंत्रता के कुछ दिनों पूर्व ही मणिपुर के महाराजा बोधचंद्र सिंह ने सरदार पटेल से बात करने के पश्चात् भारत सरकार से यह आश्वासन मिलने पर कि मणिपुर की आंतरिक स्वायत्ता बनी रहेगी, विलय पत्र पर हस्ताक्षर किया। मणिपुर की जनता के दबाव में आकर महाराजा को जून 1948 में चुनाव कराना पड़ा और यह राज्य 'संवैधानिक राजतंत्र' बन गया। इस प्रकार मणिपुर भारत का प्रथम राज्य बना जहां चुनाव 'सार्वभौमिक वयस्क मताधिकार' के आधार पर हुआ। मणिपुर विधानसभा में राज्य के भारत में विलय के प्रश्न पर तीव्र मतभेद थे। वहां की कांग्रेस मणिपुर का भारत में विलय चाहती थी लेकिन अन्य राजनीतिक दल इसका विरोध कर रहे थे। सरदार पटेल के अथक प्रयास से महाराजा ने 21 सितंबर, 1949 में विलय पत्र पर अपने हस्ताक्षर कर दिए। इस प्रकार मणिपुर भारत का अभिन्न अंग बन गया।

17 मई, 1947 को त्रिपुरा के अंतिम राजा बीर बिक्रम सिंह माणिक्य के निधन के पश्चात् महारानी कंचन प्रभा ने प्रतिनिधित्व संभाला। वे बिना किसी शर्त के त्रिपुरा राज्य का भारत में विलय करने को तैयार हो गईं। 15 नवंबर, 1949 को त्रिपुरा का भारतीय संघ में विलय हो गया।

सिक्किम नामग्याल राजतंत्र द्वारा शासित एक स्वतंत्र राज्य था। 1947 में लोकमत द्वारा सिक्किम के भारत में विलय को अस्वीकार कर दिया गया था। सिक्किम को संरक्षित राज्य का दर्जा दिया गया। विदेश, राजनयिक और संपर्क संबंधी विषयों की जिम्मेदारी भारत की रही। प्रशासनिक समस्याओं के कारण और जनमत संग्रह द्वारा इस राज्य का विलय 15 मई, 1975 में भारत में हो गया। 95.5 प्रतिशत लोगों ने भारत विलय के पक्ष में अपना मत दिया।

भारत का एकीकरण सरदार वल्लभ भाई पटेल की दूरदर्शिता, शक्ति और सामर्थ्य के कारण ही संभव हुआ वरना आज भारत कई खंडों में विभाजित होता। यह आज एक संघीय शक्ति के रूप में खड़ा है तो इसका श्रेय पूरी तरह हमारे लौह पुरुष सरदार पटेल को जाता है। गृह मंत्री रहते हुए सरदार पटेल ने 'भारतीय सिविल सर्विस' (ICS) का भारतीयकरण 'भारतीय प्रशासनिक सेवा' (IAS) के रूप में की। कई विद्वानों का कथन है कि सरदार पटेल भारत के 'बिस्मार्क' थे। परंतु लंदन टाइम्स ने लिखा था कि बिस्मार्क की सफलताएं पटेल के समक्ष महत्वहीन रह जाती हैं। रूसी प्रधानमंत्री निकोलाई बुलगानिन ने 'सरदार ऑफ इंडिया' नामक पटेल की जीवनी के लेखक से कहा, "आप भारतीयों के क्या कहने! आप राजाओं को समाप्त किए बिना रजवाड़ों को समाप्त कर देते हैं"। बुलगानिन के अनुसार सरदार पटेल की उपलब्धियाँ बिस्मार्क से कहीं बड़ी हैं।

COVID-19 AND THE HEART

The Formidable Foe



Smt. Dr. Madhu Mary Minz MD
W/o Sh. Solomon Yash Kumar Minz
1997

The COVID-19 pandemic, caused by SARS-CoV-2, has captured the front-page news for over 18 months now. The disease has infected over 235,175,106 people and has caused 4,806,841 deaths globally. Even if one somehow manages to survive this deadly, sinister viral infection, the story does not end there. COVID-19 survivors face diverse sequelae, the most outstanding of which include lung dysfunction, cardiac ailments, chronic fatigue along with remarkable neurological, psychological and cognitive alterations.

Complications of the heart have most definitely led to quite a bit of pandemonium in the corridors of most hospitals. A study published in a famous journal of Cardiology showed that when cardiac MRIs were done on 100 people who had recovered from COVID-19 within the past 2-3 months, abnormalities were seen in the scans of almost 78% recovered patients and "ongoing heart muscle inflammation" in 60% of them. This is truly disturbing.

COVID-19 has a gamut of cardiac consequences including increase in cardiac biomarkers to inflammation of heart muscles (myocarditis), rhythm alterations, shock, cardiac arrest, heart failure and clotting disease. Heart attack is a pervasive issue haunting COVID survivors and their doctors. This is consequential to direct heart muscle (myocardial) injury, clotting inside heart arteries or massive cytokine release (cytokine storm). Cardiac injury is associated with a mortality rate of 51.2%, compared with 4.5% without cardiac injury.

How to know if your heart is involved?

- Extreme shortness of breath on exertion
- Unable to lie flat without shortness of breath
- Chest pain
- Swelling of the ankles
- Heart palpitations or irregular heartbeat
- Lightheadedness or dizzy spells

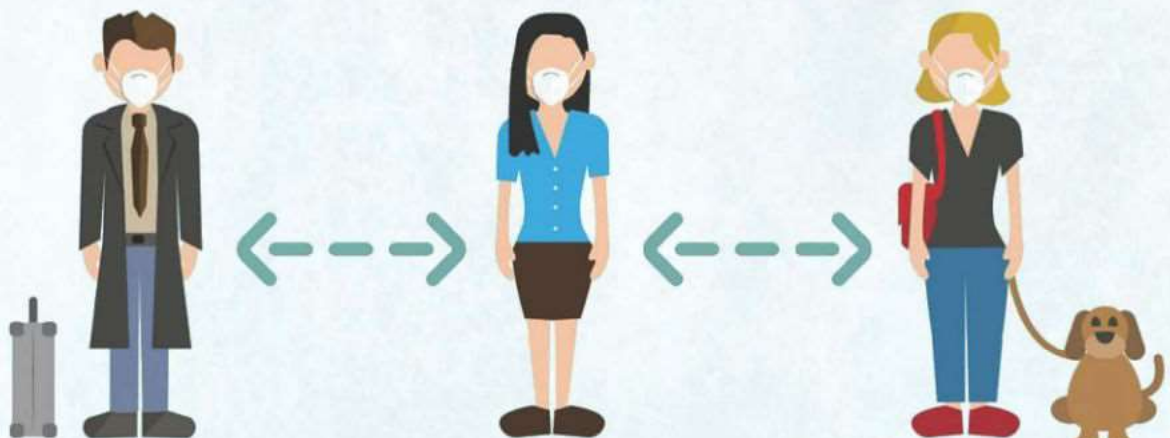
How to take care of your heart during COVID pandemic?

1. Consume the right Diet:

- Eat a protein-rich diet as it accelerates healing of the immune system and reverses tissue damage. Lentil soup, chicken stew, boiled eggs, nuts and seeds are the easiest ways to incorporate protein in your diet.
- The immune system requires many nutrients, so eat more fruits (at least 2 cups), vegetables (5 servings), legumes (lentils, beans), nuts and whole grains (maize, oats, wheat, rice) and foods from animal sources (lean meat, fish, eggs and milk).
- Indian kitchens are full of potent anti-inflammatory ingredients like ginger, turmeric, garlic, cumin, coriander, mint, cinnamon, honey etc., which can be used in different combinations for overall well-being.
- For snacks, choose figs, dates, pumpkin, chia or flax seeds, a fistful of nuts (almonds/walnuts) which are great sources of essential fatty acids, Omega-3 and healthy fats.
- Choose unsaturated fats (found in fish, avocado, nuts, olive oil, soy, canola, sunflower and corn oils) rather than saturated fats (found in butter, coconut oil, cream, cheese, ghee etc.).
- Limit your daily salt intake to less than 5 gm (1 teaspoon).
- Drink 8–10 glasses of water every day. You can also have lemon juice, low salt *lassi*, coconut water, butter milk with a dash of cumin and mint, fresh juices like *bael ka sharbat* which is high in fibre and chicken or vegetable broth soup.
- Do not consume too much caffeine or soft drinks that are loaded with sugar.
- Drink healthy drinks to improve your hemoglobin levels. For eg. Blend one small *amla*, half a carrot and apple each, one tomato, quarter of a boiled beetroot and half a cup of pomegranate; dilute it with little water and drink.

2. Increase your physical activity (but not too soon or too much):

- Start slowly with low intensity activities like walking and low impact exercises.
- Begin with short walks (5-10 minutes) and then gradually build up to 30 minutes or more over a few weeks.



- You can cycle, swim, jog or even play games but avoid intensive exercises immediately upon recovery.
- Try and reduce long periods of sitting time by taking short 3-5 minute breaks every 20-30 minutes.
- Simply stand up and stretch or take a walk around the house, climb up and down the stairs or march on the spot while watching TV.
- Walk your dog or play with children. These are all great exercises for the heart and mind.

3. Abstain from intoxicants:

- Like smoking, alcohol, tobacco, gutka, zarda etc.

4. Avoid stress:

- Practice Yoga, meditation, pranayama or breathing exercises.
- Take at least 6-8 hrs of rest/sleep.
- Decrease screen time and avoid negative news on TV or social media.

5. Manage other co-morbidities:

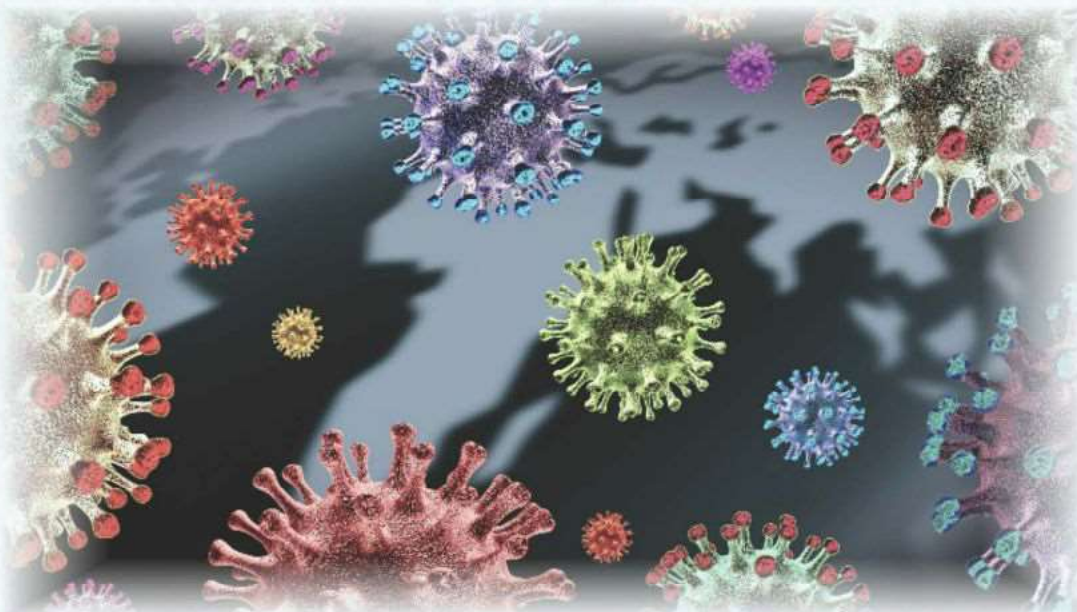
- Like cholesterol levels, sugar levels, blood pressure etc.
- Do not skip medication at any cost.

6. Avoid Anti-Vax "Covidlots:"

- Fight vaccine hesitancy.
- Go ahead and get your jab.

7. Ultimately, be happy:

- This naturally boosts one's immunity which will definitely ward off the COVID-19 evil eye from casting a dirty look at your heart.
- And as they say, STAY HAPPY and STAY SAFE to ensure that the Covid-19 virus does not flirt with your heart.



IPSWWA की सभी सदस्यों को समर्पित!



श्रीमती रुबी चतुर्वेदी
पत्नी श्री श्याम सुंदर चतुर्वेदी
1990

पुरवाई के झोंकों की महकती बयार लिए,
पुष्पमालिका सी कोमलता लिए,
अंतरात्मा की मजबूत आकांक्षाओं सी संवेदना लिए,
वातावरण को करती गुलज़ार सी!

माहौल में एक सहज ऊर्जा प्रवाह लिए,
आप सबका प्रवेश,
शीतल पवन की ठंडक का अहसास लिए!

विपिन में खिले बेतरतीब पुष्पों की,
भीनी-भीनी खुशबू का आगाज़ लिए,
व्यक्तित्व में एक अलग ही अंदाज़ लिए,
अपनी कांति बिखेरती हुई,
भोर के आफ़ताब सी!

वसंत सी रंगीन, बारिश सी हसीन,
शरत् सी लहराई, शीत सी सकुचाई,
ऋतुओं की सरताज सी!

आपका प्यारा अहसास, हम सबके साथ,
समय की धार सी, यादों की रफ़्तार सी,
चलती जाएगी निरंतर,
संभावनाओं की कतार सी!



SOCIAL MEDIA

Not Just A Buzz Word



Smt. Tanu Patni Mordia
W/o Sh. Piyush Mordia
1998

There was a time when the ability to exchange information, ideas and thoughts were restricted to a very small group of people. A journalist or a reporter would write an article in a newspaper or a magazine which would then become available to those who had access to these publications. A news anchor would broadcast news, stories, debates or analysis on the radio or telecast the same on television. It was a one way affair like an orator speaking on the mic in an auditorium in front of an audience who could only listen, clap or give a standing ovation. There was no way of converting this monologue into real time dialogue. People could converse only within their homes, neighbourhoods, clubs or at social and religious congregations.

But science and technology have completely changed that and leaped ahead of imagination. We have entered an era where internet has transformed all formats of communication which were established in this world during the last several thousand years. Every person with a smart phone and a data connection is now fully equipped to access anyone in this world and at any hour. Each one of us is a reporter or a journalist capable of sending all kinds of information online to every corner of the world. Even the remotest islands in the Pacific can be reached within no time. We do not have to wait for the newspaper every morning to know about all that is happening on this planet or beyond it.

Amateurs have started clicking pictures and videos of sensational happenings using their mobile phone cameras and sharing them with the rest of the world using various internet platforms like WhatsApp, Facebook, Instagram, Snapchat, Tik-Tok videos and innumerable other social networking sites. It has become really easy to immediately respond and react in real time over all these platforms. Twitter takes the comments, issues and statements to all those who are interested in them even if the receivers and senders are not known to one another. Every reader is capable of immediately responding and reacting without any loss of time.

India has the second largest population in the world. It has also become the largest user of WhatsApp (nearly 40 Crore) and Facebook (34.6 Crore). Instagram has 12 crore users in India. At 7.2 crore members, the number of people using LinkedIn in India is more than those in China. YouTube has an estimated 33 crore monthly active users. Interestingly, in rural India, it is the most used digital platform. As of October 1, 2021 the most popular YouTube channel by subscribers globally was T-Series.

With over 960 million active mobile phone connections, the Indian population has taken to social media like ducks take to water. On an average, an Indian spends about 2.25 hrs on social media every day. Consequently, it has become a power that is unprecedented in its scope and size in the history of the world. Its influence in the life of an individual and for the survival of a huge nation cannot be ignored. Intelligent use of social media is therefore the most important requirement of the day.



LIFE FABRICS

And The Colour Khaki



Smt. Seema Prasad
W/o Sh. K. Rajesh Chandra
1985

From our mothers we grow. And it is from them that we learn various art skills and how to incorporate new learnings into our lives as we tie different threads, making the simple material before us more valuable. The skills acquired in terms of art and life speak of a freedom to create and give way to patience, understanding, conception and transformation.

One such art form is that of gathering amassed materials, carefully joining them to create a quilt as precious as a Persian mosaic. It is significantly a revelation of time and of coming together of people. Pieces of cloth, big and small, thoughtfully cut, or even as leftover scrap, have always been a source of deep feelings and wonder for me. For each piece has a bearing, a belonging and carries an individual's story within itself. From the material of the long shirt worn by my grandmother, out of which an attire for a doll was made, to the coloured stripes of a Bombay Dyeing bedsheet used by my mother in her initiation into domesticity and which she looked for at a much later stage in life, many prints and fabrics are etched in my mind.

Of the kaleidoscopic colours of various materials, the one which stands out the most for me is obviously the colour khaki. It occupies the largest space and span in my life with its multifarious experiences as a colour of pride, glory, commitment and dedication. Its coarse texture also speaks so much about true grit and determination. Perhaps that is why our men are so particular when it comes to choosing the perfect khaki fabric. Khaki shares its neutral colour with that of the earth, symbolizing uniformity and a sense of rootedness. The khaki uniform grants the wearer the humility of being dutiful and the honor and privilege of serving the nation. It also brings with itself many opportunities to see life in its various forms, different destinations, a potpourri of cultures and diverse communities.

In close unity to this fabric emerge other materials and lives. The camouflage of the commando who ventures deep into the dense jungles

with the motto, "To do or die," or the blue border of a soft white saree of a woman who is compelled to join the force after the unexpected death of her husband. As I write this piece, the woven threads of the fabric provide a story where reasons end. Rajkumari had recently lost her Home-Guard husband. She had never ventured out of her hearth – a mud hut. And, as destiny would have it, Rajkumari, a mother of three girls and a much younger son, became a working woman. In the three years I spent with her, I got to study a woman of rural India. Her greatest concern was to have a handpump installed so that she wouldn't have to send her daughters to fetch water from the village well as it meant inviting remarks from the menfolk. She feared for her daughters' safety and the handpump would resolve her problems. With a bit of financial support and human concern, Rajkumari finally stepped out of her marginalized borders and the cocoon she was so used to living in. The need to educate her daughters was as important as it was for her son to go to school with proper shoes. I had much to learn. She was illiterate but not ignorant. I had seen the symbolic emergence of an Indian woman camouflaged in dignity and flawless silence.

The khaki colour and its materialization is a metaphor of varied experiences. As wives of police officers, we live the life of the scholar gipsy, aware of all worlds – the modern predicament, the rural settings, the fragility of life as well as its beauty and harmony. As the different pieces of gathered fabrics come together into a whole, my imaginary quilt increases in its length and breadth, warm enough to wrap around, yet desirous of its expansion. Despite the fuss and fret and with all necessary diligence, perseverance and confidence, my quilt inadvertently acquires a benevolent and an aesthetic appeal.



विचारों की श्रृंखला



श्रीमती रूबी चतुर्वेदी
पत्नी श्री श्याम सुंदर चतुर्वेदी
1990

विचारों की श्रृंखला,
जैसे हिमालय की श्रृंखला,
कभी टूटती कभी जुड़ती।
कभी चोटियों की तरह ऊंची उठती,
कभी घाटियों की तरह नीचे गिरती।
कभी बर्फीली चोटियों की तरह श्वेत चांदी सी,
कभी वृक्षों और पौधों सी हरियाली लिए।
कभी घाटियों में खिले रंग-बिरंगे फूलों सी,
कभी ऊंची चोटियों से गिरते हुए झरने की
झरती मोतियों सी।
कभी झरती हुई धूसर मिट्टी वाले पर्वतों सी उदास,
जैसे किसी ने छीन लिए हों सारे अहसास!

विचारों की श्रृंखला!
सागर की लहरों सी उछालें मारती,
दूर तक चली जाती,
दूर दूर और दूर,
कभी किनारे तक ही रह जाती।
कभी उठती हुई लहरों सी आसमान को
छूने की आकांक्षा लिए,
कभी नीचे गिरती मानो ज़मीन के गर्त में
समा जाने को बेताब!

विचारों की श्रृंखला!
दूर तक फैली रेगिस्तान की तरह।
कभी तेज हवाओं में बनते ऊंचे रेतीले टीलों की तरह
कभी बनती कभी ढहती,
कभी सपाट रेत की तरह।
कभी दूर तक फैली
रेत की पहाड़ियों की तरह ऊंची नीची।

कभी रेगिस्तानी आंधियों की तरह
दूर तक उड़कर चली जाती,
दूर, कहीं दूर जाकर ठहर जाती।
कभी राह में झरती चली जाती,
कभी मुड़ी में पकड़े रेत की तरह
फिसलती चली जाती
और ज़मीन पर गिरकर अपना अस्तित्व तलाशती!

विचारों की श्रृंखला!
दूर तक फैले वनों की तरह।
कभी ऊंचे वृक्षों सी हरियाली लिए झूमती सी
कभी हरे-हरे पौधों सी खिली हुई
कभी डालियों, लताओं सी नर्म मुलायम,
फूलों सी रंगत लिए।
कभी सदाबहार वृक्षों की तरह,
तो कभी पतझड़ में खड़े वृक्षों की तरह
जैसे अतीत की यादों को झाड़ रही हों।
कभी मानवों द्वारा काटे गए बंजर भूमि की तरह,
उदास, दुखी,
कभी उत्साह से भरे हाथों द्वारा लगाए गए
नए वृक्षों की तरह युवा, जीवन से भरी हुई।

अतीत से चलती हुई विचारों की यह श्रृंखला!
कभी दौड़ती, कभी रुकती, कभी शिथिल पड़ती,
कभी ऊंची-नीची पथरीली राहों पर,
तो कभी मखमली हरियाली पर चलती।
कभी ठहरती नहीं
मस्तिष्क में चलते उधेड़ बुन में उलझती निकलती,
धड़कन के साथ, सांसों के साथ निरंतर चलती हुई,
आसमान की तरह जिसका कोई अंत नहीं!

75
आज़ादी का
अमृत महोत्सव





IPSWWA
2021

In
Conversation...

एक साक्षात्कार:

श्रीमती अरुणी डोवाल के साथ

रुबी: आप और सर मूल रूप से कहीं के रहने वाले हैं?

श्रीमती डोवाल: हम लोग मूलतः उत्तराखंड गढ़वाल से हैं। उत्तराखंड देव भूमि है और वहां जन्म लेकर हम स्वयं को भाग्यशाली मानते हैं।

रुबी: अपने माता-पिता, भाई बहनों के बारे में हमें कुछ बताएं।

श्रीमती डोवाल: हमारे माता-पिता सहज और पारंपरिक थे। सामाजिक और पारिवारिक मूल्यों का आदर करते थे। हम भाई बहनों को बचपन में जो संस्कार मिले वे हमें जीवन में मार्गदर्शन करते रहे। शिक्षा के प्रति भी वे सजग थे, उनका पूरा ध्यान था कि हम लोग क्या विषय लें और उसे पूरी मेहनत और लगन से पढ़ें।

रुबी: आपका बचपन कहीं-कहीं गुज़रा? अपने बचपन की कुछ यादें जो हमें बताना चाहती हों?

श्रीमती डोवाल: मेरे पिता सरकारी नौकरी में थे अतः स्थानांतरण तो होते ही थे, पर मुख्यतः हमारा समय लखनऊ में ही बीता। छोटी-मोटी शरारतें जैसे कि बच्चे अमूमन बचपन में करते रहते हैं, वैसा ही हमारा भी बचपन था। लेकिन हमेशा यह सजगता बनी रहती थी कि सब कुछ एक सीमा के अंदर ही हो। किसी को परेशान किया हो ऐसा तो कुछ याद नहीं आता। सब मीठी यादें ही हैं।

रुबी: आपकी स्कूली शिक्षा कहीं हुई?

श्रीमती डोवाल: मेरी प्रारंभिक शिक्षा नैनीताल में हुई और उच्च शिक्षा लखनऊ में हुई।

रुबी: शादी के बाद जब आप ससुराल आईं तो आपका सर के मात-पिता, भाई-बहनों के साथ कैसा अनुभव रहा?

श्रीमती डोवाल: शादी के बाद ससुराल में बहुत स्नेह मिला। मेरे सास व ससुर बहुत खुले मन के थे, इसलिए मुझे सामंजस्य बैठाने में कोई दिक्कत नहीं हुई। मुझे कभी ऐसा नहीं लगा कि यह ससुराल है जैसा कि एक अवधारणा सामान्यतः लड़कियों में होती है। लेकिन यह हमेशा बहुत जरूरी है कि हम अपनी सीमाओं का ध्यान रखें। सभी के साथ सौहार्दपूर्ण संबंध रहे। संबंधों में विश्वास और प्रेम है।

रुबी: पहली पोस्टिंग के अपने कुछ अनुभव हमारे पाठकों से साझा करें।

श्रीमती डोवाल: हमारी पहली पोस्टिंग आइज़ोल, मिज़ोरम में हुई थी। उस समय यह बहुत संवेदनशील जगह थी। कुछ भी सामान्य नहीं था। जीवन हर तरह से चुनौतीपूर्ण था। ऐसे अशांत वातावरण में घर और बाहर दोनों ही जगह सामंजस्य बैठाना आसान नहीं था। छोटे बच्चे के साथ कर्फ्यू के दौरान अनेक कठिनाइयों का सामना करना पड़ा। कई बार ऐसा होता था कि बच्चे के लिए दूध तक नहीं मिलता था। राशन भी सिलचर से आता था। कई बार राशन ख़त्म हो जाता था और फिर बहुत मुश्किल होती थी। बड़ी मुसीबतें झेलनी पड़ती थी। जो भी घर में रहता था हम बस उसी से काम चलाते थे। सीआरपीएफ के convoy के साथ राशन आता था पर हमारे पुलिस विभाग में हमें हमेशा ऐसी कठिनाइयों के लिए मानसिक रूप से तैयार रहना पड़ता है। आज पीछे मुड़कर देखने पर ऐसा कोई दुख का भाव मन में नहीं आता। जैसा समय हो उसी के अनुसार कार्य करना होता है और वह समय भी बीत जाता है।

रुबी: बच्चों के PTM में सर्वाधिक किस तरह की बातें होती थी? बच्चों की प्रशंसा या शरारतों की

शिकायतें? कैसे handle करती थी ऐसी situations?

श्रीमती डोवाल: बच्चों के पी टी एम में मुख्यतः बच्चों की पढ़ाई और उनके व्यवहार के बारे में बातें होती हैं। बच्चे अमूमन थोड़े बहुत शरारती तो होते ही हैं। यह भी उनके विकास का ही एक अंग है। घर में अनुशासन का ध्यान रखा जाता था। बच्चों की गतिविधियों पर भी पूरा ध्यान रखा जाता था। इसलिए कभी कोई ऐसी शिकायत नहीं मिली। पढ़ाई और खेल में बच्चे हमेशा अच्छा करते रहे। कभी कोई समस्या नहीं आई। बच्चों को हमेशा प्यार से ही हैंडल किया। उनकी छोटी-छोटी शरारतें अभी भी याद करना अच्छा लगता है।



रूबी: आपके रीक क्या हैं? अपना समय कैसे गुजारती हैं?

श्रीमती डोवाल: मुझे शुरू से आत्मकथाएं पढ़ना बहुत पसंद है। मैं अक्सर खाली समय में ऐसी किताबें पढ़ना पसंद करती हूँ।

रूबी: आप किस तरह की फिल्में देखना या गाने सुनना पसंद करती हैं?

श्रीमती डोवाल: मुझे पुरानी classic फिल्में पसंद हैं। Classic English movies और कॉमेडी फिल्में देखना पसंद करती हूँ। गानों में मैं अच्छी गज़लें सुनना पसंद करती हूँ। खासकर फरीदा खानम मुझे बहुत पसंद हैं।

रूबी: आप हमारे पाठकों को क्या संदेश देना चाहेंगी?

श्रीमती डोवाल: सभी पाठकों को यही संदेश देना चाहूंगी कि किसी भी सेवा संस्थान में पति और पत्नी दोनों की ही सहभागिता होती है। लेकिन पुलिस सेवा बहुत ही चुनौतीपूर्ण कार्य है। आप इसे ऐसा समझिए कि जिस प्रकार हमारी सीमाओं पर सेना हमारे देश की रक्षा में संलग्न है उसी तरह प्रत्येक पुलिसकर्मी देश के भीतर शहरों-गांवों में व्याप्त आपराधिक तत्वों से लड़कर सामान्य नागरिकों को सुरक्षा प्रदान करता है। इन स्थितियों में मानसिक और शारीरिक दबाव से जूझते



पुलिसकर्मी यह अपेक्षा रखते हैं कि जब वह घर आएंगे तो उन्हें सुखमय वातावरण मिले। यही समय है जब वह तमाम नकारात्मक स्थितियों से अलग अपने परिवार के साथ शांति से समय बिता सकते हैं। अतः पत्नियों की भी जिम्मेदारी बन जाती है कि वह कुशलता पूर्वक अपने घर और संबंधों का निर्वाह करें।

श्रीमती डोवाल, राष्ट्रीय सुरक्षा सलाहकार श्री अजीत डोवाल जी की धर्मपत्नी हैं जो 1968 बैच (केरल कैडर) के भारतीय पुलिस सेवा के अधिकारी रहे हैं।

इसके पूर्व उन्होंने कई महत्वपूर्ण पदभार संभाले जिसमें निदेशक, इंटेलिजेंस ब्यूरो भी शामिल हैं। साक्षात्कार लिया है श्रीमती रूबी चतुर्वेदी ने, जो आईपीएसडब्ल्यूडब्ल्यूए की संयुक्त सचिव हैं और 1990 बैच (त्रिपुरा कैडर) के अधिकारी श्री श्याम सुंदर चतुर्वेदी की पत्नी हैं।

Straight From The Heart

A Tete-a-Tete with the ever so lovely - SMT. LIVLEEN BHAGAT

PRITI: Ma'am, first and foremost, on behalf of all our IPSWWA members, I thank you from the bottom of my heart for taking out the time to have this conversation with us for the 2nd edition of the Pravah magazine.

SMT. LIVLEEN BHAGAT: A pleasure.

PRITI: Ma'am, I'd like to begin by asking what are the first memories you have growing up?

SMT. LIVLEEN BHAGAT: At the age of four, I have vivid memories of getting an electric shock while fiddling with the radio wires, all while my ayah romanced the bearer. The saga continued when one day, the ayah after a fallout, chased the bearer around the dining table with a broom, while I excitedly clapped on the side lines.



Livleen ma'am, when she was 5 years old



The other was while walking on the Mall Road in Simla with my ayah and younger brother who was in his pram, where we were unexpectedly greeted by my estranged maternal uncle. All of five years, I retorted and told him that we were not supposed to speak to him as he had ill-treated my aunt. Needless to say that no one was particularly amused when this was reported back home.

Without the knowledge of her parents, Livleen ma'am stealthily sent this picture to Air India for the position of an Air Hostess

PRITI: Were you always this lively a person, even as a young girl? It's hard to imagine you any other way.

SMT. LIVLEEN BHAGAT: I have always had *joie de vivre*, even as I journeyed through the peaks and troughs of childhood. I remember at the age of four, I welcomed all dignitaries who came to Walker Hospital, Simla as both my parents were doctors there. One day, I welcomed Lady Trivedi, who was the then Punjab Governor's wife. After she had toured the entire facility and was ready to leave, I tugged at her, innocently informing her that she had missed out an important room. I then led her to the dressing room which was strewn with discarded bandages and plasters which



With her brother Rakesh and parents, Dr. S.P. Bhalla & Dr. Jagjit Kaur Malhotra in Simla.

were spilling out of the bins, much to the embarrassment of the hospital staff. Luckily, she had a hearty laugh and I was invited back to her residence over a grand tea.

PRITI: At school, what kind of activities were you drawn towards?

SMT. LIVLEEN BHAGAT: Almost everything. Give me a chance and I was there. Dancing, directing plays, athletics, reading....I did it all.

PRITI: As my research tells me, your family was very forward looking and academically inclined.



As a young radiant bride married to the dashing IPS Officer Sh. Arun Bhagat of 1961 batch.



With their "Matchmaker", the dog Peanut, at their residence on Ashoka Road, Delhi.

SMT. LIVLEEN BHAGAT: I was fortunate to have very educated people on both sides of the family. My grandfather was a doctor, as were both my parents. My three maternal aunts were doctors and professors. At a time when few people studied overseas, my mother did her fellowship from Austria in Obstetrics and Gynaecology. She took her viva in German, a language she learnt within six months.

PRITI: How and when did you first meet Arun Sir? Any interesting anecdotes you would like to share with us?

SMT. LIVLEEN BHAGAT: It all started with a dog bite, can you imagine! Mr. Bhagat, who was then posted in Simla, had a dog called Peanut who unfortunately bit the neighbour's son. The child was rushed to the hospital and attended upon by my mother. Her grace and demeanour deeply impressed the neighbour and word went back to Mr. Bhagat's mother, who then wanted to meet the charming doctor. Upon finding out that she had a

daughter, she was keen on meeting me as a prospective bride for her son. And though I was all of 18 years old, her persistence paid. And the rest, as they say, was history.

PRITI: So, Peanut must have been a very special dog?

SMT. LIVLEEN BHAGAT: (Laughs) Yes, he was. And we brought him with us when we moved into our house on Ashoka Road in Delhi.

PRITI: Were there any challenges that you had to face as a young officers' wife?

SMT. LIVLEEN BHAGAT: None. I took everything in my stride. Keeping my value system intact, I worked to change what I could and to better things around me.



Livleen ma'am with Arun Sir & their son, Arjun in Tehran in 1984.

THIS NURSERY SCHOOL & COMMUNITY CENTRE
 INAUGURATED ON THIS 25th DAY OF APRIL 1992
 BY Smt. KAILASH DEVI w/o HON'BLE
 LT. GOVERNOR OF DELHI Sh. MARKANDEY SINGH
 FOUNDED AND SET UP BY THE EFFORTS OF
 Smt. LIVLEEN BHAGAT
 AS A WELFARE MEASURE FOR THE
 POLICE FAMILIES, ANDREWS GANJ NEW DELHI

Plaque of the 'Tender years' school started by Livleen ma'am at Andrews Ganj in 1992. The first of many schools to come.

PRITI: Correct me if I'm wrong ma'am but soon after your marriage, you suffered a terrible accident. How did you cope with that tragedy and emerge stronger? We all would love to know, as hardships and setbacks are part of life.

SMT. LIVLEEN BHAGAT: I am still coping with it physically. What keeps me going is my optimism and my faith. My life is getting simpler as I advance in age, and I look forward to the joy each day brings.

About the accident, I remember Dr. Srivastava, who was looking after me, ask me how I was. Virtually plastered up to my chest, I replied smilingly that I couldn't be better. He looked at me incredulously and said that, no, you could not be worse! To this day, smiling and laughing come naturally to me.



Sh. Arun Bhagat, Commissioner Police, Delhi inaugurating the Delhi Police Public School at Safdarjung Enclave in 1992 with the first Principal of the school, Dr. Ruchi Seth.

PRITI: Ma'am, even today, you are so fondly remembered for all the welfare activities that you spearheaded, especially the amazing work you have done on the educational front. What was the driving force behind this zeal?



Visiting the BSF Hospital as President of BWWA in 1996.

SMT. LIVLEEN BHAGAT: Welfare is where I found my strength and solace after my accident. It became a part of my healing process, and I found the great joy that giving brings. I started my work at the welfare centre in Goa in November, 1967. It was an idyllic place nestled among mango trees where we worked towards our nursery school. I envision our schools as among the leading educational institutions in the country which excel in every field.

PRITI: Of all the places Sir was posted, which has been the dearest to you and why?

SMT. LIVLEEN BHAGAT: Tehran and Goa stand out. We were posted to Tehran just after the Islamic revolution in March, 1980. We were amid unprecedented times as we watched a country in the making, where Shah Pahlavi had been overthrown and replaced by Ayatollah Khomeini. I became the first Asian to head the Diplomatic Ladies Club and spearhead many cultural and welfare activities there. A vivid memory is when I



Celebrating Christmas and her 75th birthday on 25th December, 2020

enacted the role of Padmini in a Girish Karnad play.

Goa was a celebration of life itself and gave the vibe of a carnival. There was so much joy and I immersed myself in the many welfare activities I was involved in.

PRITI: One may retire from service, but never from life. What keeps you going?

SMT. LIVLEEN BHAGAT: Life itself and each day keeps me going. Also the fact that I become the unofficial "Agony Aunt" to all and sundry around me. Everyday gives me an opportunity to make small changes and get involved in projects I enjoy, the most recent being making a shelter for our resident dog, Martina. I love listening to music across ages, the latest being Lady Gaga and Tony Bennett. I enjoy doing Yoga each day and Vipasana from time-to-time. I am a voracious reader and archaeology is of special interest to me. With the grace of my Guru, I have been blessed to have held three Bhagvats.

PRITI: As we all know, it's not easy being a cop's wife. Any nuggets of advice and words of wisdom for our young members?



With other esteemed founder members of the prestigious Sanskriti School, New Delhi in 2005.

SMT. LIVLEEN BHAGAT: Respect the force your spouse is in. Policing is increasingly becoming more challenging. You need to be the strength that stands squarely behind the force. And most importantly, conduct yourself in an appropriate manner that upholds the dignity of this honorable profession.

PRITI: Like me, do you also have a bucket list of things that your heart desires?

SMT. LIVLEEN BHAGAT: Oh!! I have a very long bucket list which involves lots of travel and also meeting His Holiness, The Dalai Lama and I can't wait to start ticking off things right after my upcoming surgery.

PRITI: Ma'am, on behalf of all members of IPSWWA, I wish you a speedy recovery and may you emerge even stronger.

SMT. LIVLEEN BHAGAT: Thank you Priti. Every prayer, heartfelt wish and dua means a lot.



When past meets the present, With President, PWFS Smt. Anu Asthana at the Alankaran function hosted by Maiteryi, the Delhi Police Officers' Wives group in October, 2021 in Delhi.

PRITI: In the spirit of fun and irreverence, if you could indulge me ma'am, can we have a quick "Rapid Fire" round?

SMT. LIVLEEN BHAGAT: Sure Priti. Fire away!

PRITI: Your favourite colour?

SMT. LIVLEEN BHAGAT: Blue.

PRITI: Most cherished book?

SMT. LIVLEEN BHAGAT: Short stories by O Henry.

PRITI: A dish you love?

SMT. LIVLEEN BHAGAT: Idiyappam

PRITI: Holi or Diwali?

SMT. LIVLEEN BHAGAT: Both

PRITI: Tea or coffee?

SMT. LIVLEEN BHAGAT: Coffee. It's a stress buster.

PRITI: Hills or beaches?

SMT. LIVLEEN BHAGAT: I'm a hill girl.

PRITI: Pet peeve, if any?

SMT. LIVLEEN BHAGAT: High decibel levels.

PRITI: A habit you'd like to drop?

SMT. LIVLEEN BHAGAT: (Smiles) Being too gullible.

PRITI: Any regrets in life?

SMT. LIVLEEN BHAGAT: Should have educated myself more. I would have loved being an archaeologist.

PRITI: And lastly, the secret behind your eternal beauty and grace?

SMT. LIVLEEN BHAGAT: Be yourself and have your own style. Don't copy anyone. Also, own whatever you choose to wear.

PRITI: Thank you so much ma'am for your candour and warmth. It was such a delight speaking with you.

SMT. LIVLEEN BHAGAT: It was a pleasure speaking with you as well Priti.

PRITI: A message you'd like to give to the IPSWWA family?

SMT. LIVLEEN BHAGAT: Always love and support each other.



When the hands paint, the soul sings. Indulging in her favourite hobby.



Smt. Livleen Bhagat is the wife of Sh. Arun Bhagat, an IPS Officer of the 1961 batch, who has served as Commissioner of Police, Delhi, Director, Intelligence Bureau, DG, BSF & DG, CRPF. She was interviewed by Smt. Priti Singh, wife of Sh. Sanjay Singh, AGMUT Cadre, 1990 batch.

75
आज़ादी का
अमृत महोत्सव





IPSWWA 2021

Hamari Rasoi Se...

MISHTI DOI-BAKED CURD



Smt. Sima Haldar
W/o Sh. P. C. Haldar
1970

This recipe brings to mind a very special time in my life with a special person — my elder sister who I call Ranga Di. She introduced me to this recipe almost 45 years back. I have, since then, not stopped making this. Of course, my sister has the traditional method of making this dish which was a long drawn out process. While my elder sister is nothing short of a food connoisseur, most of us today don't have that kind of time to spend on traditional dishes we adore. Since we love all that rich goodness of Mishti Doi, I have made an easier version of this dish which is as tasty and a sure shot success. With the oncoming festive season... Mishti Doi is sure to light up all the faces at home. Go on and give it a try!

Ingredients:

- Condensed Milk - 1 Tin.
- Curd - 400 Grams.
- Full cream milk - 400 Grams
- Saffron Threads - A few strands for aroma and a hint of color

Utensil: A square or rectangular glass bowl that's microwaveable

Yield : Approximately 4 servings

Instructions:

1. Mix condensed milk, curd and milk in a large and deep bowl with the help of a hand mixer. This mixture must be blended into a smooth silky texture.
2. Pour this mixture into your glass bowl. Now let it rest for two to three minutes untouched.
3. Put the bowl in a microwave oven. Set the microwave on high for 3 minutes. Let it rest for 2 minutes. Set it on high for 2 minutes again. Once done, give it a resting time for 5 minutes. Remove from microwave and allow it to cool down to room temperature.
4. Sprinkle the saffron threads on the top of the dish.
5. Refrigerate it overnight .
6. Serve cold. (As a serving suggestion, you could cut the curd into squares.) Enjoy.





Smt. Devayani Medhekar
W/o Sh. Rajan K. Medhekar
1975

This all-time favourite Maharashtrian dish, eaten with bhakris (rotis) is made out of jowar (sorghum) or bajra (pearl millet). Accompanied with homemade white butter, garlic chutney, onion ringlets and lime, this simple rustic dish is a real treat for the taste buds! Not very difficult to make, the zhunka is my all-time favourite!

INGREDIENTS:

- Besan (gram flour) - 200 gm
- Groundnut oil - About 7 tbsps
- Onions (chopped) - 2 to 3 big
- Ginger paste - 1.5 tsp
- Garlic paste - 1.5tsp
- Mustard seeds - 1/2 tbsps
- Curry leaves (karipatta) - 1 tbsp
- Red chilli powder - 1.5 tsp or as per taste
- Turmeric (haldi) - 1/2 tsp
- Salt to taste
- Coriander leaves for garnishing

METHOD:

1. Heat oil in a *Kadhai* which is a vessel similar to a wok.
2. Then add mustard seeds. When they stop spluttering, add the curry leaves.
3. Add ginger, garlic paste and saute till brown.
4. Stir on slow fire and add chopped onions and saute till the rawness goes.
5. Add turmeric, red chilli powder and saute again quickly without letting it burn.
6. Add besan i.e. gram flour and mix all the spices well. Then add salt and keep sauteing till it mixes well.
7. Pour very little oil from the side and keep sauteing though the mixture may look dry.
8. Do not add water.
9. Once the besan is thoroughly sauteed, sprinkle a little water with your hand all over the mixture, stir it in and then cover the mixture for 5 minutes and steam cook.
10. After 5 minutes, remove the cover and saute the mixture well. Then sprinkle little water again and mix. Cover for 5 minutes and steam cook.
11. After 5 minutes repeat the same.
12. Then once the mixture is cooked, garnish with coriander and serve hot. Your *Zhunka* is ready to eat!



KASHMIRI KOFTA



Smt. Nalini Wanchoo
W/o Sh. Bharat Vir Wanchoo
1976

Ingredients:

- | | |
|----------------------------------|--|
| • Mince meat- | 1 Kg |
| • Red chilli powder - | 1 tsp + 1 tsp |
| • Dhania powder - | 2 tsp + 1 tsp |
| • Saunth powder - | 2 tsp + ½ tsp |
| • Garam Masala - | 2 tsp + 1/2 tsp |
| • Hing - | A pinch of + a pinch |
| • Jeera - | 2 tsp |
| • Curd- | 250 gms |
| • Mustard Oil - | 2 tbs (The oil has to be heated till it starts emitting smoke) |
| • Cooking oil or Ghee— | 300 gms |
| • A bunch of fresh dhania leaves | |
| • Salt to taste | |

Method:

1. Mix all the dry Masala listed above (but not those mentioned as +), 2/3rd portion of curd, fresh dhania leaves and the mustard oil into the mince meat. Knead well and let it sit for around 30 minutes.

2. Place a wide mouth pan on the gas burner. Pour cooking oil or ghee and add 1/2 tsp saunth, the remaining 1/3rd curd, a pinch of hing and a glass of water and let it heat up till it starts to boil.
3. Roll the mixed mincemeat with your palm/fingers into rolls of around 3 inches long and two finger's thick and put them in the boiling mixture stated above.
4. Once the water evaporates and the kofta's start sticking to the pan and start turning brown, add a little water to it and carefully scrape the pan to remove the sediments at the bottom of the pan.
5. Continue this process 3 to 4 times till the kofta's turn darkish brown.
6. Now add all the remaining additional dry masala mentioned above and let it fry for around 5 minutes.
7. Thereafter, add 2 glasses of water and let it simmer on a low flame for around 10 minutes.
8. After the water dries up, a thick gravy will remain.
9. Garnish with fresh dhania leaves and serve in a bowl. Your Kashmiri Koftas are ready to eat.



HARA BHARA KEBAB



Smt. Charu Lata Aggarwal
W/o Sh. P. N. Aggarwal
1981

Hara bhara kebab is a very popular snack dish that is rich in nutrients. It can be dry roasted, shallow fried or air fried in an air fryer, as per your preference.

Ingredients:

- | | |
|---------------------------|--------------|
| • Spinach leaves - | 1 cup |
| • Chana dal- | 1 cup |
| • Boiled potato - | 1 |
| • Green chillies - | 2 |
| • Ginger - | 1 inch piece |
| • Cashewnuts - | 10 pcs |
| • Corn flour - | 1 tbsp |
| • Bread crumbs - | 1 tbsp |
| • Cinnamon powder - | A pinch |
| • Red chilli powder- | ¼ tsp |
| • Chaat masala - | ½ tsp |
| • Jeera powder - | ½ tsp |
| • Salt to taste | |
| • Green cardamom powder - | ¼ tsp |
| • Oil for frying | |

Method:

1. Wash and soak 1 cup chana dal for 2 hrs.
2. Boil in a pressure cooker with a little water till it turns soft. Then mash properly.
3. Grate one boiled potato.
4. Wash 1 cup of clean spinach leaves and blanch in boiled water. Take out the spinach leaves. Cool and puree or dry the water in some pan.
5. Cut 2 green chillies, little ginger and 10 cashew nuts in very small pieces. (onion, garlic are optional).
6. Then mix these ingredients with all the above ones, together.
7. Now add 1 tbsp corn flour, 1 tbsp fresh bread crumbs by grinding one slice of bread in a mixer jar. You can also replace this with oats flour.
8. Now comes the flavouring part. Add a little cinnamon powder, green cardamom powder, red chilli powder, jeera powder, chaat masala and 1 tsp salt.
9. Give kebabs the desired shape with your palms.
10. Then lightly roast on a tawa, in an air fryer or deep fry in oil.
11. If extra kebab mixture is left, you can fry it lightly, cool it and keep in the freezer for about a month to use later.
12. Serve with onion rings and green chutney.



THALIPEETH



Smt. Adltee Padsalgikar
W/o Sh. Datta Padsalgikar
1982

Thalipeeth is a multi-grain tawa roasted flat bread. Earlier, families had their own proportions of dals and grains roasted and ground. However, nowadays you can buy this flour, known as Bhajani (भाजणी) in the market (online outside Maharashtra) and keep it. It has a longer shelf life in dry areas as compared to humid areas and wet seasons. Bhajani comes from the verb bhajne (भाजणी) which means 'to roast'. Bajra, jowar, urad dal, chana dal, wholewheat and rice are some of the grains that can be roasted along with spices like coriander seeds and cumin seeds that will add flavour. All the ingredients have to be dry roasted individually and then ground.

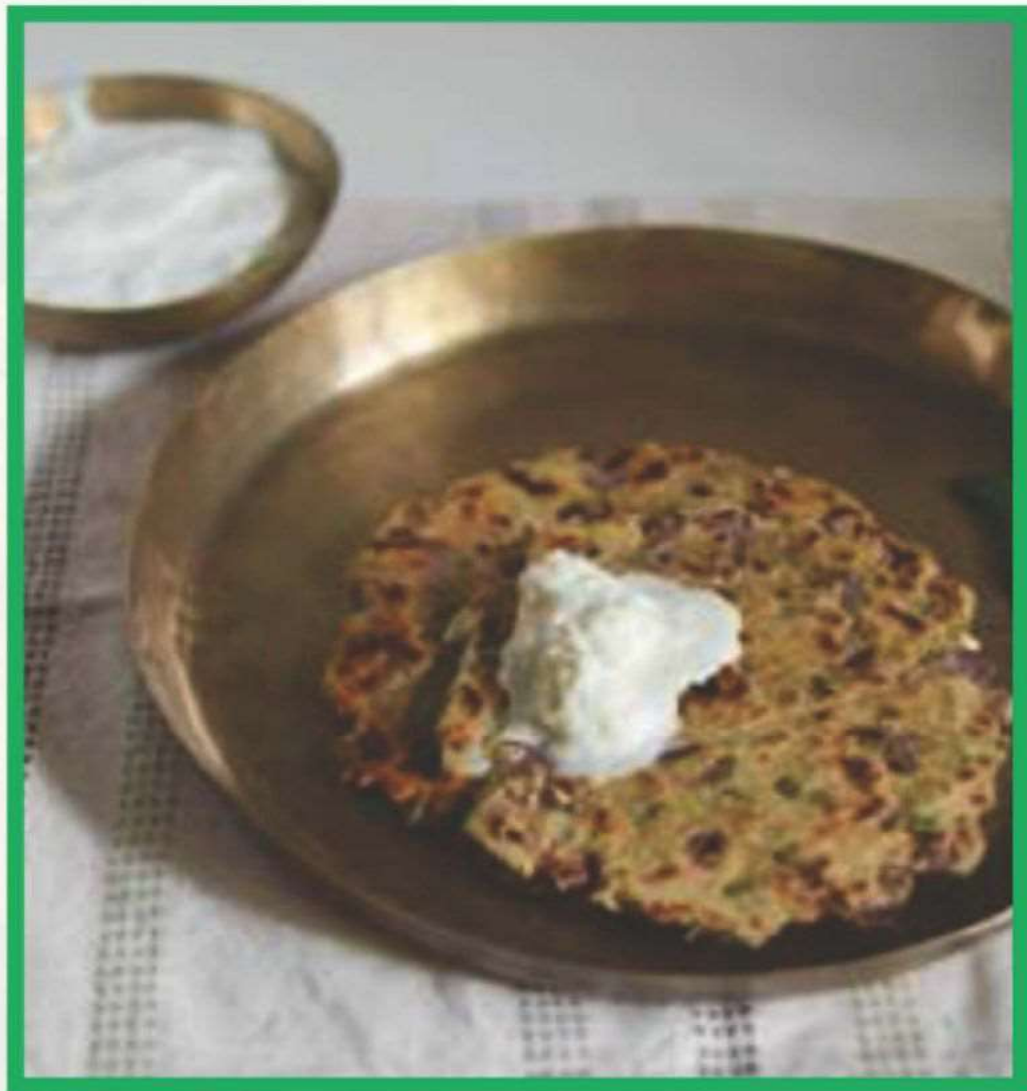
Ingredients:

For the Thalipeeth 1 cup flour/bhajani

- 1 onion finely chopped
- 1-2 tsp oil
- Chopped fresh coriander
- Salt and red chilli powder as per taste
- A pinch of asafoetida and turmeric

Method:

1. Combine all the above ingredients and mix with a little warm water to make a soft dough.
2. Then take a small ball of the dough and, with a little water, if needed, flatten it to make a flat round poori, making a small 'hole' in the middle. Thickness will depend on how crisp one likes it.
3. Put it on a warm tawa. Put some oil in the 'hole' and around it like we do for dosas. Cover and let cook for a couple of minutes. Remove the cover, flip it and allow it to become brown on the other side as well.
4. Serve hot with preferably a dollop of white butter and or a bowl of curd.



MISAL PAV



Smt. Adltee Padsalgikar
W/o Sh. Datta Padsalgikar
1982

Misal Pav is a popular food that has its origins in Western Maharashtra. Pune and Kolhapur are known for its misal pav. A simple way to describe misal pav would be a traditional pav (bun bread) served with sprouted lentils on a bed of cooked poha, chiwda or thick sev-bhujiya. While misal pav needs a little preparation, as one needs any sprouted lentils, preferably sprouted moth dal, it can also be prepared on the spur of the moment, provided you have some lentils ready. The Kolhapur misal is, by far, the spiciest. The pav-bread is essentially to absorb the spice.

Ingredients:

- Sprouted Moth or Moong dal
- Chopped Onions -2
- Tomatoes
- Cooked poha or farsan
- Store bought misal masala
- Chopped coriander and lemon wedges for garnishing



Preparation:

Soak lentils (either moth or moong dal) overnight or for 8-10 hours. Drain the water completely and wrap the moth in a cloth and keep it in a warm place to sprout. This will take another 8-10 hours depending on the season. Pressure cook the sprouts.

Method:

1. Finely chop onions and tomatoes separately and keep aside. Make a tempering with (preferably) groundnut oil, mustard seeds, turmeric and asafoetida. Sauté onions until translucent.
2. Add tomatoes and also sauté them until oil leaves the mixture. Then add the misal masala and sauté for another minute or so.
3. Add water and bring to a boil. Then add the cooked sprouts and allow to simmer. Adjust salt and misal masala to taste.

To serve:

Scoop some cooked poha, poha chiwda or thick bhujia (farsan in Marathi) on a plate. Put the sprouts over this. Garnish with chopped coriander, chopped raw onions and a dash of lemon juice. Pour the tarri (liquid left over from the prepared sprout) separately in a bowl. Serve with pav on the side. Pav can be dipped into the curry and eaten, or can be eaten separately, to counter the spicy moth.

Note:- Sharing two simple recipes from Maharashtra. Both are wholesome and healthy recipes which can be served at any time of the day: breakfast, lunch, an evening snack or dinner. They are the perfect comfort food during monsoons as the spices in the Misal pav add heat to the cool weather or the Thalipeeth comes to the rescue of a tired mother! Both Misal pav and thalipeeth have become extremely popular street-foods across Maharashtra.



BOILED RAW BANANA SABJI



Smt. Pratima Shrivastava
W/o Sh. S.N. Shrivastava
1985

Ingredients:

- | | |
|--------------------|---------------|
| • Raw banana | 2 pcs |
| • Whole jeera | 1 small spoon |
| • Turmeric powder | 1 small spoon |
| • Kalonji | ¼ spoon |
| • Hing | A pinch |
| • Salt | As per taste |
| • Chilli powder | As per taste |
| • Coriander powder | 1 small spoon |
| • Oil/ghee | 1 big spoon |
| • Garam masala | ½ spoon |



Method:

1. Boil the raw banana with their peel on in a cooker till one whistle and then let it cool down.
2. In a bowl, put all the masalas in little water and add the banana chunks so that they get marinated.
3. In a pan, heat the oil and add the marinated banana chunks and cook on low flame.
4. Cover it and keep on adding little water till the banana pieces are cooked.
5. Add garam masala before switching off the gas.
6. The banana peel can be used to make chutney by grinding the peel with green coriander leaves, green chilli, garlic, salt and lemon juice.





Smt. Geeta Pathak
W/o Sh. Dependra Pathak
1990

सामग्री:

- | | |
|---------------|-------------------------------|
| • चावल का आटा | 1 कप (200 ग्राम) |
| • घी | 2 बड़ा चम्मच |
| • नमक | 1.25 छोटा चम्मच (स्वादानुसार) |
| • चना दाल | 1/2 कप (100 ग्राम) |
| • हरी मिर्च | 2-3 बारीक कटी हुई |
| • लहसुन | 2 छोटा चम्मच बारीक कटी हुई |
| • हल्दी पाउडर | 1/4 छोटा चम्मच |
| • हरा धनिया | 2-3 बड़ा चम्मच |
| • जीरा साबूत | 1/4 छोटा चम्मच |
| • हींग | 2-3 चुटकी |

विधि:

1. एक बर्तन में 1/2 कप चने की दाल पानी में डाल कर 4-5 घंटे के लिए रख दीजिए। चावल का पीठा बनाने के लिए एक बर्तन में एक कप पानी डाल दीजिए।
2. अब इस पानी में 2 बड़े चम्मच घी और 1/2 छोटा चम्मच नमक डाल कर ढक कर पानी को उबाल लीजिए। पानी में उबाल आ जाने के बाद गैस बंद करके चावल का आटा मिला लीजिए। पानी में चावल का आटा मिला लेने के बाद उसे 5 मिनट के लिए ढक दीजिए ताकि आटा फूल जाए।

3. अब एक मिक्सर जार पा चना दाल डाल कर दरदरा पीस लीजिए। दाल को पीस कर एक प्लेट में निकाल लीजिए।
4. अब दाल में 2 बारीक कटी हरी मिर्च, लहसुन और धनिया, हल्दी पाउडर, साबूत जीरा, हींग और छोटा चम्मच नमक डाल कर सभी चीजों को अच्छे से मिला लीजिए। पीठा की स्टफिंग बन कर तैयार है। 5 मिनट बाद आटे को एक प्लेट में निकाल लीजिए।
5. अब हाथ पर हल्का सा घी लगा कर आटे को मसल-मसल कर डो बना लीजिए। डो को बनाने के लिए जरूरत के अनुसार 2-3 बड़े चम्मच गरम पानी का इस्तेमाल किया जा सकता है। आटे के डो बन जाने पर उसके छोटे-छोटे टुकड़े तोड़ कर लोई बना लीजिए। सारी लोई को एक बर्तन में रख कर ढक दीजिए ताकि वो सूख न पाए।
6. अब आटे की एक लोई ले कर उसे गोल करके चपटा कर लीजिए और उसे सूखे चावल के आटे में लपेट कर 3-4 इंच के व्यास में गोल बेल लीजिए।
7. अब लोई के ऊपर थोड़ी सी स्टफिंग रख कर उसके आधे हिस्से को मोड़ कर किनारों पर ठंडा पानी लगाकर स्टफिंग को ढक कर चिपका दीजिए। इसी तरीके से सारे पीठे तैयार कर लीजिए।



BAKED VEG AU GRATIN



Smt. Tanu Patni Mordia
W/o Sh. Piyush Mordia
1998

Vegetable au gratin recipe is a continental delicacy. It has all the vegetables drowned in white sauce with lots of cheese. It is creamy with a crust on the top. It can be served with toasted bread.

Gratin is a French word, a technique in which the top has a golden brown crust usually made with bread crumbs or grated cheese. A gratin is baked or grilled to form a golden crust on top.

Ingredients:

- 2 cups frozen sweet corn
- 1 cup frozen peas
- 1 cup carrots (diced)
- 1 cup French beans (diced)
- 2.5 cups bottle gourd (diced)
- 1 cup pineapples (preferably canned & diced)
- Mozzarella cheese (shredded)
- 1 tbsp maida
- 1.5 tbsp butter
- 2 cups milk
- 2 tbsp cream
- Salt to taste
- Black pepper
- Sugar
- Italian herbs (oregano, basil, thyme, rosemary, parsley)
- Chilly flakes

Serves 3-5

Method:

1. Boil your vegetables together properly.
2. In a frying pan, add your butter. After it gets melted, add the maida and mix properly.
3. To the mixture, slowly add milk. Keep stirring properly in order to avoid lumps.
4. To this milk mixture, add salt, black pepper, chilli flakes and Italian herbs according to taste. Also add a handful of cheese and a half teaspoon of sugar.
5. Add cream to the mixture.
6. After a thick mixture is made, add your boiled veggies and pineapples to the mix.
7. Cook the mixture for about 3-4 minutes.
8. Transfer the mix to an oven safe utensil and cover with cheese. You may also add Italian herbs if you wish on top.
9. Bake at 180 degrees Celsius for 20-25 minutes. The crust should become golden brown.
10. Serve hot.



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IPSWWA 2021

*Our
Recommendations...*

THE LAST QUEEN

- By Chitra Banerjee Devakaruni



Smt. Shashi Agarwal
W/o Sh. Ajay Agarwal
1966

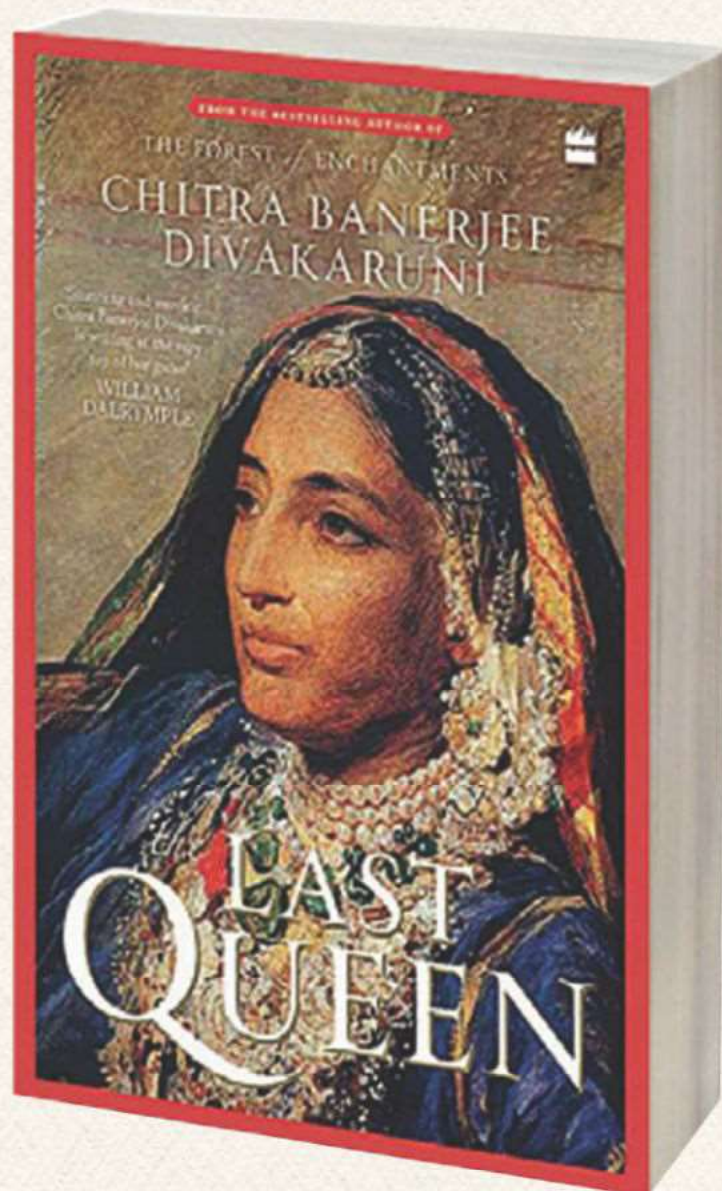
This book is a work of fiction based on historical facts. Most of Chitra Banerjee's books focus on prominent women in mythology or history. I found this book extremely engrossing for several reasons but mostly because it made me feel that although women are vulnerable and considered the weaker sex, yet they can be stronger than men when faced with difficult and strenuous situations.

This captivating book is based on the life of Maharani Jindan Kaur, the last queen of Maharaja Ranjit Singh who was one of the greatest Sikh rulers and popularly known as, "The Lion of Punjab." Jindan Kaur was the daughter of the dog trainer in Maharaja Ranjit Singh's kingdom and, although she was not educated, the Maharaja fell for her beauty and innate wisdom. He spent a lot of time with her which made his other queens understandably jealous. The Chief Queen, Mai Nakkain, really looked down upon Jidan as she was a commoner and harassed her in different ways, even trying to poison her. But thankfully, she did not succeed. Amidst all these upheavals, Jidan only became stronger and learnt how to tackle her detractors and adverse circumstances better.

After sometime, Maharani Jidan Kaur gave birth to a baby boy who was named Dalip. But when the boy was just two years old, the Maharaja's health began to deteriorate and he passed away. Chitra makes mention of the sati system that was prevalent in Indian society in those days and many of Maharaja's concubines, along with Rani Guddan, committed sati with him.

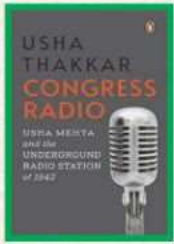
Maharaja Ranjit Singh was a great ruler. He was able to save Punjab from the Britishers who wanted to capture the whole of India. But

after his death, there was infighting amongst his sons and courtiers and consequently all the elder members of the royal family were killed. As a result, at the tender age of six, Dalip was made heir to the throne and against all opposition, Jidan Kaur became the queen regent. She was a strong and intelligent lady who ruled the kingdom well and took good care of the *Khalsa* Army. But she fell for the charms of a courtier named Lal Singh with whom she had an affair. However, the man deceived her by joining hands with the British because of which she lost the war and was eventually imprisoned. The Britishers took charge of Dalip and sent him to England so that he would gradually forget his culture and roots in Punjab. There, he met Queen Victoria and presented her with the famous *Kohinoor* diamond which Maharaja Ranjit Singh had won from the Afghan king, Shah Shuja.



CONGRESS RADIO

- By Usha Thakkar



Smt. Aditee Padsalgikar
W/o Sh. Datta Padsalgikar
1982

As India observes *Azadi ka Amrit Mahotsav* to celebrate 75 years of Independence, no book would be more appropriate to review than "**Congress Radio: Usha Mehta and the Underground Radio Station of 1942**" written by Dr. Usha Thakkar.

'Congress Radio' is an exciting account of how an underground operation of a clandestine radio transmission was conceived and carried out until it was busted by the police. The clandestine Congress Radio functioned from August 27, 1942 till November 12, 1942 broadcasting from various sites in Mumbai. The idea of a secret radio and its implications for India's freedom movement scared the British. The police authorities went into an overdrive in trying to detect the areas of transmission done stealthily from different locations in Mumbai.

The book is a well-researched work based on authentic documents from various archives, including those of Mumbai Police. It is the story of Usha Mehta, a fearless young girl of just 22 years, who defied social norms and her family to join India's freedom movement. It was an apt response to Mahatma Gandhi's call for "Do or Die" when he launched the Quit India Movement on August 9, 1942. The opening chapter takes the reader straight to the events leading to the call of *Quit India Movement* in August, 1942 followed by the arrests of senior Congress leaders, including Gandhiji.

All the transmissions began with "*This is the Congress Radio calling on 42.34 metres from somewhere in India.*" '*Somewhere in India*' created an adventurous and mysterious aura around the transmission. Broadcasts began with patriotic songs and relayed news, speeches, instructions and appeals. Since it wasn't safe to call the freedom fighters to the studio, their speeches would be recorded elsewhere and transmitted later. Speakers included Dr. Ram Manohar Lohia, Achyut Patwardhan,

Moinuddin Harris, Coomie Dastur, K.A. Abbas and Usha Mehta.

The young people who ran the radio were brave and dared to broadcast news that the print media was afraid to publish, to tell the people what was really happening in occupied India. The transmissions catered to all sections of society. Unfortunately, the broadcasting location was revealed by one of the persons associated with the Radio and police raided it on November 12, 1942 while they were on air. After the trial, 3 of the 5 accused were convicted, including Usha Mehta, who was sentenced to 4 years of rigorous imprisonment.

But such was her courage that even when the police raided their studio, Usha Mehta refused to stop playing *Vande Mataram* and instead ordered the policemen to stand in attention in reverence to the patriotic song. Usha Mehta made light of her arrest by saying that they would never again get the Guard of Honour that they had received as they walked out of the building following the arrest.

Congress Radio functioned on donations made by common people to this appeal. *"We are poor, very poor and, if you are rich and like our work, go to the accredited Congress Chief of your town and give him as much as you can earmark for Congress Radio Calling."* Senior Freedom fighters like Purshottam Trikamdas, Shantilal Shah,



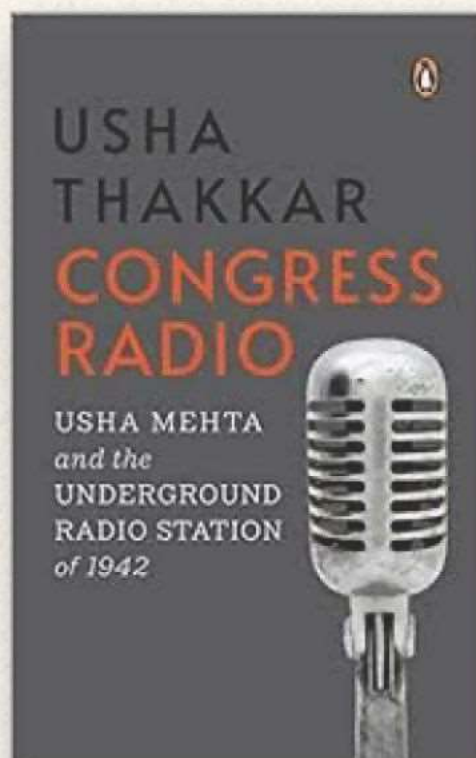
Uma Shankar Dixit, Achyut Patwardhan and Girdharilal Kriplani formed a committee that provided the finances to run the Radio. Donations mostly came from the cotton merchants, grain dealers, share market men, business houses and trader associations of Mumbai.

Congress Radio is a good example of how a clandestine activity was conducted efficiently, albeit for a short period, in reaching out to Indians at large in order to counter the British propaganda that suppressed the prevailing sentiments. It was 'On Air' at a time when the freedom fervour was high and Indians were starved for news. Captain Lakshmi Sehgal recalled how they would wait eagerly to listen to Congress Radio. It shows the participation of highly committed freedom lovers and

technical experts that started and thrived in Mumbai when the involvement of students was intense.

The six chapters of the book narrate a factual account of the existence of Congress Radio. Each chapter is devoted to an event situating the Radio in history, its scope, the arrests and subsequent trial of the accused, concluding with how various people viewed it. There are two appendices; the judgement is given in Appendix I and in Appendix II there is a bio-profile of Prof. Usha Mehta, mostly in her own words, as narrated to the author ('Ushaben's Reminiscences'). The book makes for a compelling read of a lesser known chapter of India's freedom struggle and will serve as an inspiration to the youth.

A NOTE ABOUT THE AUTHOR: *Dr. Usha Thakkar is President, Mani Bhawan, Mumbai, where Mahatma Gandhi stayed between 1917 to 1934. She retired as Professor and Head of the Department of Political Science, SNDT University, Mumbai. Her research work includes Gandhian Studies, Women's Studies and Indian Politics. As a Fulbright scholar, she has done her post-doctoral studies at Cornell University and was a visiting faculty at Sheffield Polytechnic, UK. She has known Prof (Dr.) Usha Mehta both personally and professionally. Prof. Usha Mehta was her guide for her Ph.D. and mentor at Mani Bhawan. Her personal interaction with Prof. Usha Mehta has contributed largely to the contents of this book.*



GONE WITH THE WIND

- By Margaret Mitchell



Smt. Seema Agarwal
W/o Sh. Naveen Agarwal
1986

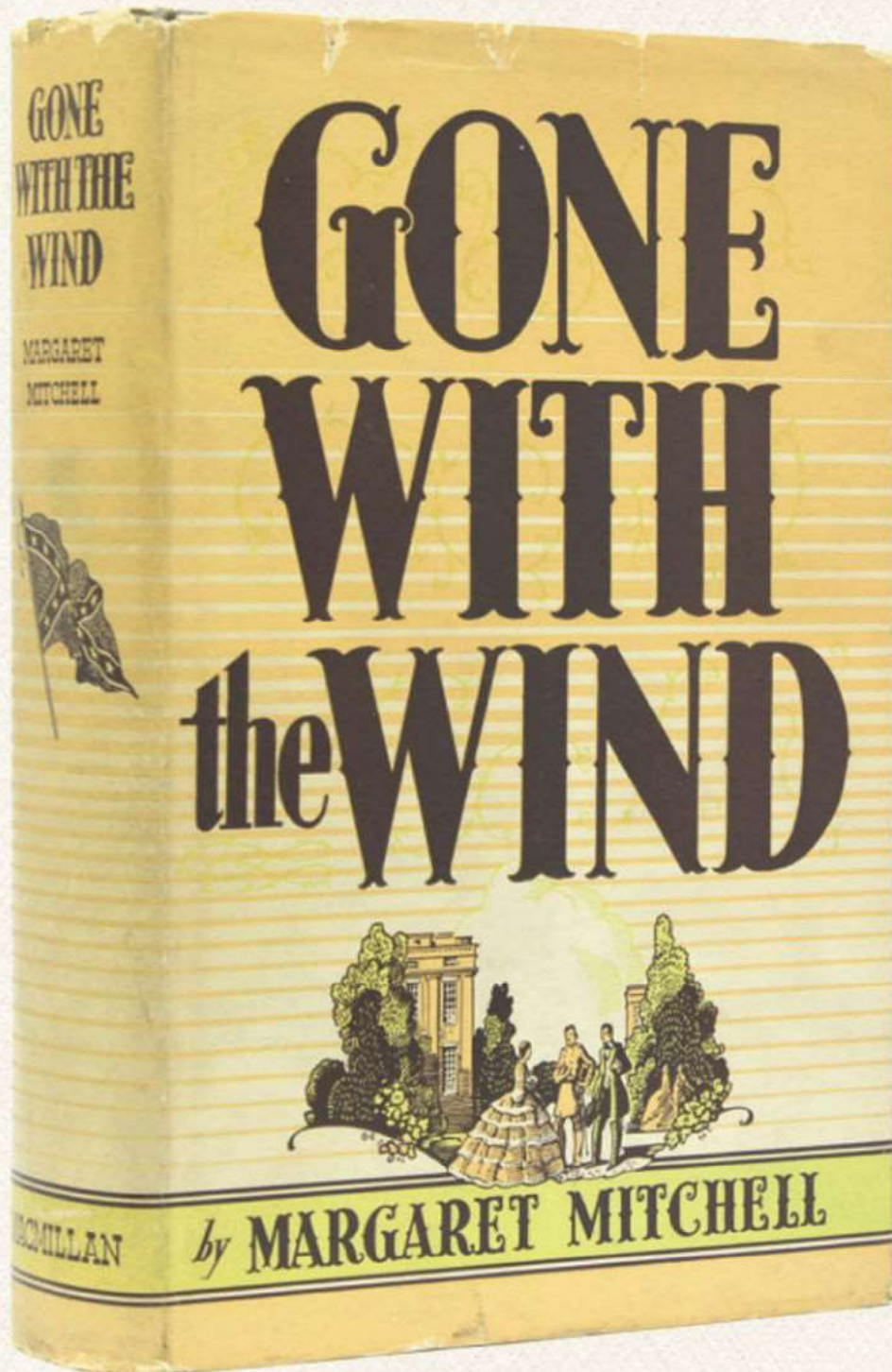
'Gone with the Wind' is an eternal classic set in the backdrop of the American civil war and reconstruction era. The author, Margaret Mitchell, carefully analyses the nature of human resilience and survival in times during which traditional ways of life, thinking and even love and understanding, get washed away, literally 'gone with the wind,' due to the American Civil War. She lauds the triumph of the human spirit and human beings' ability to adapt. This ability of resilience and adapting to adverse times is even more relevant today to help human race survive in these unprecedented times of the Covid19 pandemic.

The protagonist of the novel, Ms. Scarlett O' Hara, is a relentlessly optimistic woman. She maintains headstrong optimism, even though the society in Atlanta is collapsing around her. She adapts to the new conditions, assumes the role of leadership and redefines her character as one with a sense of empowerment in the most trying times of her life. She clings on to the dreams of her great unfulfilled love, Ashley for years, wilfully ignoring the advances of the dashing soldier of fortune, Rhett Butler.

'Tomorrow is another day:' Scarlett's focus on tomorrow constantly pushes good deeds into an indeterminate future. She very much intends on being a great lady mimicking the poise of her saintly mother. However, she never quite gets to it. Scarlett's belief that tomorrow will be better is what makes the reader feel endlessly and gleefully hopeful.

Margaret Mitchell's 'Gone with the Wind' is one of the most engrossing, shocking and emotionally absorbing pieces of literature ever written. This magnificent historical epic is an unforgettable tale of love and loss of a nation mortally divided and people forever changed. It is the story of the beautiful and brazenly ruthless Scarlett O' Hara and the dashing soldier of fortune, Rhett.

Written in a simple, vivid and lucid manner while giving the message that, 'Tomorrow is another day,' the novel 'Gone with the Wind' has endured as a story for all times. It generates hope and optimism for a better tomorrow even in the most trying circumstances. Hence, as millions fall to the Covid19 pandemic, we can still believe that we shall get over this travesty of fate one day. For as long as there is tomorrow, there is hope for the humanity.



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IPSWWA

2022

Calendar

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List of Holidays 2022

New year's Day	Jan. 01
Guru Govind Singh Birth Day	Jan. 09
Lohri	Jan. 13
Makar Sankranti	Jan. 14
Pongal	Jan. 14
Republic Day	Jan. 26
Basant Panchami	Feb. 05
Hazarat Ali's B'day	Feb. 15
Guru Ravi Das's B'day	Feb. 16
Shivaji Jayanti	Feb. 19
Swami Dayanand	Feb. 26
Sarawati Jayanti	
Maha Shivratri	Mar. 01
Holi	Mar. 18
Ram Navami	Apr. 10

Mahavir Jayanti	Apr. 14
Good Friday	Apr. 15
Easter Sunday	Apr. 17
Idul Fitr	May 03
Guru Rabindranath's Birth Day	May 09
Buddha Purnima	May 16
Rath Yatra	July 01
Idul Zuha (Bakrid)	July 10
Muharram	Aug. 09
Raksha Bandhan	Aug. 11
Independence Day	Aug. 15
Parsi New Year's day	Aug. 16
Janamashanti	Aug. 19
Ganesh Chaturthi	Aug. 31
Onam	Sep. 08

Mahatma Gandhi's B'day	Oct. 02
Dussehra	Oct. 05
Milad-Un-Nabi (B'Day Prophet Md.)	Oct. 09
Karva Chauth	Oct. 13
Diwali (Deepavali)	Oct. 24
Govardhan Puja	Oct. 25
Bhai Duj	Oct. 26
Pratihara Sashthi (Chhat Puja)	Oct. 30
Guru Nanak's (B'Day)	Nov. 08
Christmas Eve	Dec. 24
Christmas Day	Dec. 25
Guru Govind Singh's Birth Day	Dec. 29

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IPSWWA 2021

In Memoriam...

In Loving Memory



SMT. SANGITA MEHTA
22.04.1963 - 28.05.2021

BIDDING ADIEU

Sangita Mehta - A Life to Celebrate



Smt. Anjali Shukla
W/o Sh. A.K. Shukla
1986

As somebody rightly said, "Life is a collection of moments." Moments, happy or sad, mark their presence in our lives. One such moment was when, after a short nap on a lazy summer afternoon, I opened my phone only to see a chain of condolence messages pouring in on our IPSWWA WhatsApp group. It was the time when the second wave of the Covid-19 pandemic was wreaking havoc and swallowing one life after another in its demonic blackhole. Panic struck! I quickly scrolled to see who they were talking about and, to my utter dismay and horror, it was someone who no one could imagine going so early in life. Our dear Sangita Mehta. She was a fitness freak. A person who was so careful about her health and eating habits and also took all necessary Covid precautions. But as they say, we are just mere mortals.

I still remember the moment so clearly when I first met Sangita Mehta whom I lovingly called bhabhi. I was a newly married wife and we were invited to the residence of my husband's SP, Mr. Reddy, for dinner. There I saw this beautiful young Punjabi woman with a baby in her arms who was tugging at her thick black braid. She looked resplendent in a Patiala salwar suit which went well with her tall and impressive personality. She smiled at me and I could feel the welcoming warmth in a far away land. This was the time when our husbands were ASPs/Addl SPs in the erstwhile Manipur-Tripura cadre, her husband being senior to mine by one batch. I developed an instant liking to her and knew I had found a friend, a sister and a home away from home.

There are moments which get stored in our memories forever. And those were times when we were truly informal and could walk into each other's homes whenever we wished. Sangita bhabhi would always insist that I have a meal before I leave and, as a diehard foodie, I would always give into the temptation of savouring her delicious Punjabi cuisine of sarson ka saag and makki di roti - things unimaginable in those days in Agartala. Once it so happened, that I was struggling to trim my newborn baby's nails who was scratching his face and wailing and I was petrified of hurting him in the process. And just then, like an angel from the heavens, my saviour walked in. She held my son in her lap and trimmed his nails perfectly without giving him the slightest of discomfort. Imagine the relief of a new mother. She was that amazing and full of goodness.

I still remember how we would spend long hours together with our husbands busy at work while we shared recipes and went fun-shopping in Battala (a local 'foreign goods' market) without bothering about the unavailability of the endless list of groceries we needed so badly. As time passed, we moved out of the state with our husbands on central deputation. Our lives got busier raising our children, tending to our extended families and interacting with new friends in our new worlds. But thanks to IPSWWA, we would catch up at least once a month. Sangita bhabhi would drive down from Dwarka and not miss a single meeting. She exuded great charm, warmth and energy which gave her a very positive aura. She was the happiest person in the world when her younger son made it into the IPS. We all felt so proud of his achievement. But as destiny would have it, while she was waiting for him to get settled, tragedy struck and she made a sudden exit from all our lives.

Today, she may no longer be around in her physical form but continues to live in the hearts, minds, energy and zeal of the people she loved and the lives she touched. I feel so enriched and truly special because of the moments I spent with this gracious, charming and magical lady whom the world called Sangita Mehta and I, Sangita bhabhi. She was an angel in my life when she lived and now an angel in the heavens above.

Travel well our dear friend! You will be eternally missed.

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अमृत महोत्सव





IPSWWA
2021

Looking Back...

2008



2010

PM's wife, CM attend police wives' mela

EXPRESS NEWS SERVICE
NEW DELHI | OCTOBER 16

THE Indian Police Wives Welfare Association, on Saturday, organised the IPSWWA mela near the OMI JNU Campus as part of the 'Delhi Celebrates Commonwealth Games 2010' initiative. Prime Minister Manmohan Singh's wife, Gursharan Kaur, inaugurated the mela and Chief Minister Sheila Dikshit was the Guest of Honour.

Welcoming the guests, association president Surekha Mathur said: "The IPSWWA was formed three years ago with the avowed objective of educating, inspiring, encouraging and empowering wives of police personnel to reach their full potential."

As part of its activities, IPSWWA conducts social awareness melas. It has also set up a social responsibility fund and held HIV/AIDS workshops for personnel from the police and various paramilitary forces.

On display at the mela were handicrafts,



Association head Surekha Mathur with Prime Minister's wife, Gursharan Kaur, and Chief Minister Sheila Dikshit.

jewellery, sarees, shawls from Leh, freshly baked chocolates, diyas, shoes, tanjore paintings and pottery items, among others.

August gathering



IPSWWA honoured 21 meritorious students, including 15 girls, at a function in New Delhi on Monday.

IPS Wives' Association honours meritorious students

NEW DELHI In a bid to encourage wards of officials serving various Central Police Organisations (CPOs) across India, the IPS Wives' Welfare Association (IPSWWA), on Monday, honoured 21 meritorious students, including 15 girls, for scoring high marks in Class XII exams.

The students were awarded merit certificates, along with prize money of Rs 2,000.

On the occasion, IPSWWA president Surekha Mathur lauded the efforts of the wards and their parents who are deployed in remote border areas or on internal security duties.

The function was facilitated by IPSWWA secretary Dr. Nandini Anand and hosted by Sudhansu Dikshit, wife of the director general of the ITBP.

HTC

2015



2016



2017



2018

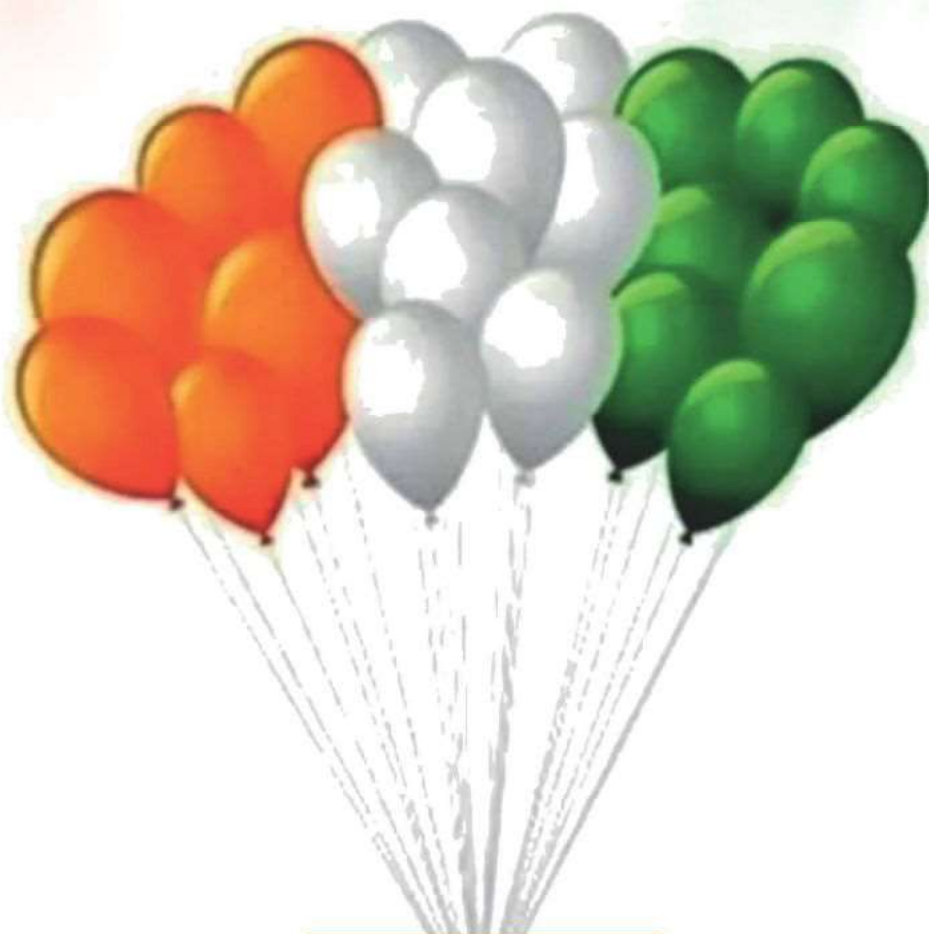


2019



2020





**13 YEARS
OF
IPSWWA**

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IPS WIVES' WELFARE ASSOCIATION
www.ipswva.com