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BROWWA Syndicate The Pinnacle of Empowerment and Courage





BROWNA

The Editorial Squad











The President Speaks

It is an honour and privilege for me to present the Eighth edition of "KUTUMB", The Annual BROWWA Magazine.

'Kutumb' means family, and that's what we are, one big diverse, unique and happy family!

As you are aware the men and women of the Border Roads Organization work in some of the toughest areas of the country. The families of our Personnels too face numerous challenges due to the nature of their work and its locations. This puts immense stress on us as individuals, hence, there is an acute need for a strong and dynamic family support system.

BROWWA, the Border Roads Wives Welfare Organization is an incredible platform with focus on improving the quality of life of its members and sharing of thoughts and ideas. It celebrates the unbounded creativity of our families.

The year gone by had many notable achievements by BROWWA. Each project started many new ventures that benefit not only the families of BRO personnel but also the families of the Casual Paid Labour employed in the BRO. The Schools and Cafes run by the BROWWA have made a huge impact in the local environment.

As I travelled to various project headquarters and Task Force, it was a matter of immense pride to witness such a sense of ownership and responsibility in all ladies.

BRO is cynosure of our nation, doing yeoman service with far reaching impact in the remote areas of our country and we are proud of our spouses who work in such harsh conditions. It is the constant support of our families that



makes this possible and I appreciate and congratulate every member of the BROWWA family for the same.

We are excited about several new prospects in the coming year which will make BROWWA more vibrant and contemporary. The core team is already working on developing a dedicated social media presence for BROWWA. Providing a stress free environment, physical and mental well being of troops and families and nurturing young talent shall be the key areas of thrust.

It will be our constant endeavour to work on the principle of "From each according to their abilities and to each according to their needs".

My compliments to the editorial team who have put together this beautiful tapestry of the life of BROWWA members.

BROWNE



Editorial Team in Action











I am delighted to reach out to you through Kutumb and extending warm greetings from the Border Roads Women Welfare Organisation (BROWWA). Our organization, spread across the far-flung and often challenging terrains of our nation but it stands as a beacon of resilience and dedication.

BROWWA was established with the noble vision of empowering women associated with the Border Roads Organisation (BRO), providing them with the necessary support, resources, and opportunities to thrive. Our mission extends beyond welfare; it is about fostering a sense of community, providing support and vocational training, promoting health and wellness, and ensuring the overall development of our members.

Over the years, we have made remarkable strides in reaching out to women in remote areas, addressing their unique needs, and helping them realize their full potential. Our initiatives have included offering skill development workshops and courses, organizing regular health camps and awareness programs to promote physical and mental well-being and encouraging social cohesion through cultural events, sports, and other community-driven activities.

I would like to express my heartfelt gratitude to our dedicated members, volunteers, and partners who have been the driving force behind our success. Your unwavering commitment and hard work have enabled BROWWA to touch countless lives and bring about positive change.

As we move forward, we aim to expand our reach and impact, embracing new challenges and opportunities with the same spirit of determination. We encourage more women to join our cause, share their ideas, and contribute to our growing community. Together, we can continue to make a difference and build a brighter, more inclusive future for all.

Thank you for your continued support and belief in BROWWA.

With warm regards,

Shalini Nair Executive Editor

BROWNA

The Cover Page Illustration

Empowering Generations:The Women of Kutumb





he latest issue of "Kutumb" magazine, adorned in a vibrant splash of pink, embodies empowerment and celebrates the remarkable women of BROWWA. More than just a publication, this edition is a testament to strength, unity, and the unwavering spirit of women across generations.

As you leaf through its pages, you'll find inspiring stories of women from diverse backgrounds and states. Each brings unique traditions and talents, contributing to a rich tapestry of experiences and achievements. These women exemplify the essence of 'Kutumb' – a family bound by shared goals and mutual support.

Under the guidance of Mrs Sumita Raghu, President BROWWA, this edition celebrates the organization's unwavering commitment to empowering women across generations. Her visionary leadership has fostered an inclusive environment where BRO families thrive, showcase their talents and contribute significantly to societal progress.

The cover captures unity in diversity, featuring three remarkable women from diverse background. They stand tall as entrepreneurs, professionals, mothers,

BROWNE

homemakers, wives, and friends.
From the youthful energy of the youngest to the seasoned wisdom of the eldest, they symbolize cultural richness and limitless potential. This edition not only showcases their individual accomplishments but also emphasizes the collective power that arises when women support and uplift one another. It's a tribute to resilience, leadership, and the myriad roles women play in society, encapsulating their journey towards empowerment and recognition.

As you delve into the heartfelt narratives within "Kutumb," you'll find inspiration to celebrate the women in your own life. It's a call to honour their tireless contributions and champion their aspirations. Each story in "Kutur

champion their aspirations. Each story in "Kutumb" serves as a poignant tribute to the women who form the backbone of our homes and communities. They embody silent strength, contributing significantly to their families' success and driving societal progress. This edition isn't just about highlighting achievements; it's about recognizing the everyday acts of courage and kindness that define true empowerment.

"Kutumb" invites you to embrace a world where every woman is a pillar of strength, every home radiates with love and support, and every story showcases the transformative power of unity. It's a journey through which we can all find resonance and inspiration, fostering a deeper appreciation for the women who shape our lives and communities.

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Bonding Together

Innual Social Interaction





















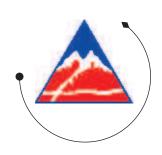












Message From

Mrs Sanghmitra Singh

Vice President ADGBR (E)



It gives me immense pleasure and joy to write this message as vice President BROWWA Eastern Project and wish to extend my compliments to the publishing team of '8th Edition of KUTUMB'.

I am delitghted and honoured to be associated with BROWWA which is "family away from home" for the personnels of Border Roads Organisation. This is an excellent platform for the ladies and families of BRO to share their experiences and thoughts in the annual magazine "KUTUMB". I am thankful to all Zonal Chairperson of BROWWA Eastern Project for their commitment and continued support towards the cause of the families.

I am confident that this edition of 'KUTUMB' will be as absorbing as all the previous edition. My best wishes to the editorial team for the successful publication of the Magazine.

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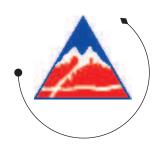












Message From

Mark Suman
Vice president ADGBR (NW)



I am happy to know that BROWWA is publishing its new edition of 'Kutumb'.

The BROWWA has always been working towards ensuring better life and environment to the family members. It has been its endeavour to reach out to the families of our men working in remote and hazardous areas and provide them all kinds of support including the emotional support. This has resulted into well knit and satisfied BRO family. The enhanced satisfaction on the home front boosts the morale of our men who are tirelessly involved in the nation building. I am sanguine that BROWWA would continue to proceed ahead in its welfare activities.

Best wishes for the successful publication of the 'Kutumb'.

Jai Hind.

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BROWNA

PROJECT ARUNANK



Message From Mrs Shalini Nair Zonal Chairperson



Enrichment, Empowerment and Entertainment

BROWWA Arunank we are more than just an institution we are a force for positive change. Our commitment to transforming lives shines through our impactful welfare activities during BROWWA meets, each serving as a testament to our unwavering dedication to the well-being of women and children in our community.

In our welfare meets, we recognize that strong families form the bedrock of a thriving community and that is why we have taken a deliberate approach by hosting them-based family welfare meetings. These gatherings delve into essential topics such as career guidance, parenting, mental health, and financial literacy. By equipping families with knowledge and practical tools, we empower them to flourish. Through interactive discussions and engaging demonstrations, we strengthen family bonds, help overcome challenges, and lay resilient foundations for the future. Our spotlight on family welfare creates a supportive environment where every member feels valued, heard, and supported.

Our healthcare outreach initiatives have been instrumental in improving access to medical services for vulnerable families and CPLs residing in remote areas. From organizing free health screenings to facilitating partnerships with local clinics for early disease diagnosis, BROWWA remains committed to promoting wellness and preventive care. Routine dental health check-ups and treatment camps raise awareness about oral health. Enrolling in the central Government health Scheme (CGHS) has been our guiding principle, ensuring that medical assistance reaches those who need it most.

The spirit of inclusivity radiates brightly during our festive celebrations. We joyously honour traditions from all religions and faiths, embracing the rich tapestry that defines our nation. From the radiant lights of Diwali to the solemn beauty of Holi, from the warmth of Christmas to the spiritual reflection of yoga and meditation, each occasion becomes an opportunity to deepen our understanding and respect for one another. Our BROWWA meets cultivates unity and harmony that transcends religious boundaries. Every festival becomes a testament to the power of empathy, compassion, and our shared human experience.

We extend our heartfelt wishes to the BROWWA Kutumb for abundant health and prosperity. My each member of our community be blessed with vitality. Happiness, and success. Let us continue to support and uplift one another, fostering bounds of unity and resilience that strengthen our collective journey.











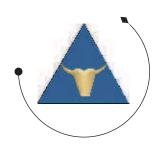






BROWNA

PROJECT BRAHMANK



Message From

Mrs Mamta Mishra

Zonal Chairperson



In the heart of our nation, where towering mountains and rugged terrains paint a picturesque yet dangerous landscape, our Border Roads Organization (BRO) Officers/ personnel work tirelessly. As these brave men navigate the challenges posed by nature, they find steadfast support and strength in their families, particularly in their wives, who embody the spirit of women empowerment. Women empowerment is not just a buzzword, it is a testament to the strength, resilience, and determination that women bring to the forefront. In the context of the BROWWA, this empowerment manifests in countless ways. These women, who form the backbone of our communities, stand shoulder to shoulder with their husbands, offering unwavering support and showcasing immense courage.

Project Brahmank is located in the eastern foothills of the Himalayas and included by the Govt. of India in the smart cities mission development scheme. Project Brahmank has a wide footprint in East Siang region with families located at Aalo (Along) & Yingkiong. However owning to medical and education facilities, members of the families of many of the personnel are located at Pasighat and they form the part of Brahmank BROWWA team.

A number of initiatives have been taken at Project Brahmank under aegis of BROWWA like, setting up of beauty parlour, upgradation of regimental schools in AoR such as at Pasighat, Yingkiyong, Moying, Boleng, Nigging and Thumbin, regular meditation & Yoga for well being, cafeteria with public conveniences.

BROWWA is a vibrant example of community building and solidarity. The association not only provides a support network for the wives but also fosters a sense of belonging and purpose. Through various initiatives such as educational programs, skill development workshops, and social events, the BROWWA empowers women to enhance their capabilities and contribute meaningfully to their communities.

The synergy between the BRO personnel and their wives is a powerful force driving the success of our organization. This partnership, based on mutual respect and shared vision, underscores the importance of equality and collaboration. The recognition and celebration of women's contributions in these endeavors highlight the progressive values that our nation preserves.

Jai Hind!

BROWNA













PROJECT BEACON



Message From

Mrs Jyoti Singh

Zonal Chairperson



Project Beacon, the flagship project of BRO, was raised on 18th May 1960. Beacon plays a pivotal role in improving connectivity and infrastructure in the Jammu and Kashmir regions. Known as the lifeline of J&K, Project Beacon has since been fulfilling the aspirations of the security forces and the awaam of Jammu and Kashmir by creating, upgrading and maintaining the road infrastructure of the region. Braving remote and inhospitable terrain, adverse climatic conditions, and insurgency, Project Beacon has steadily and relentlessly been at the forefront of nation-building.

BROWWA Beacon is one institution that maintains strong bonds within the Beaconitefamilies and creates a harmonious environment throughout the Project by conducting various impactful activities. Regular BROWWA welfare meetings are organized at the HQ Project, BRTF and RCC levels with the primary objective of establishing a supportive environment for families to connect, share experiences, showcase talents and enhance their overall well-being. Special focus was given to vocational training courses to encourage entrepreneurship and further empower our ladies. This year we conducted workshops on art and craft-making, woolen sock-making, soap making, candle making and beauty parlor courses. These workshops saw active participation and received a very positive feedback from the participants.

Regular medical camps, health lectures, and gynecologist checkups were also organized for the well-being of our families. To encourage participation and ingenuity, we also organized various competitions, such as photography, cookery, rangoli making and essay writing for children. Winners of these competitions were felicitated during the BROWWA meets.

Project Beacon also runs Beacon Public School up to 10th standard and is affiliated to the J&K State Board. Various upgrades such as smart classrooms, new class furniture and increased playground facilities have been implemented for the welfare of the students.

BROWWA Beacon remains committed to advancing and achieving the goals set forth by BROWWA, thereby contributing to our indirect role in nation building.

















BROWNA

CHETAK PROJECT



Message From

Mrs Susan George

Zonal Chairperson



Project Chetak was raised in Apr 1980 at Bikaner for expanding and improving the roads network and Ditch Cum Bund in the states of Rajasthan and Punjab. Chetak Karmyogis have excelled in their mission through their hard work and perseverance. Even though, Thar Desert poses peculiar challenges, BROWWA firmly stood with brave Chetak Karmyogis by extending unconditional support for accomplishment of organizational goals.

Most of the work of the project are in the plain areas which are peaceful and close to urban areas. As a result it has become sought after place for posting by BRO Officers and Personnel. There are also large number of personalson compassionate ground posting for medical treatment and on last leg posting. A total of 35 Officers and 220 Personnel are living in family accommodation at various location in the AOR of Project Chetak.

BROWWA has been proactively reaching out to the families to help resolve their problems and meet their requirements and has strived towards creating as inclusive and nurturing environment. It has been the endeavor of BROWWA to encourage participation, develop women empowerment and help themto learn new skills and improve their confidence. Children have been encouraged to participate in the various competitions such as debate, craft and drawing, sports to improve their creativity and soft skills. Rejuvenating Yoga classes, Dance classes and Karate classes have also been conducted for physical and mental well being. To provide opportunity to show case their talents, cultural programmes performed by the children and ladies was organized by BROWWA in Dec 2023 and Apr 2024.

The project Chetak medical team have conducted various medical camps and health awareness lectures from specialists like cardiologist, Gastroenterologists, etc for the families. Dental lectures were given on "International Labour Day" on 01 May 2024, "International Women Health Day" on 08 Mar 2024 and "World No Tobacco Day" on 31 May 2024. To highlight the importance of including Millet in our daily diet, a special lecture by experts from Agriculture University was given.

The enthusiasm, dedication and commitment of the families has been instrumental in creating a healthy, happy and positive atmosphere in the Project and I express my deepest gratitude to every member of Chetak BROWWA family.









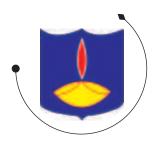








Project Deepak



Message From

Mrs RashmiSinha

Zonal Chairperson



Under the visionary guidance of President BROWWA, I take great pride and privilege to showcase the welfare endeavour of Project Deepak for Kutumb magazine.

I am delighted to see the significant impact BROWWA has made through its welfare activities on the overall well being of our families, which continues to grow in strength with each passing year.

Project Deepak is one of the most prestigious and oldest Project of Border Roads Organization raised on 04 May 1961 with its HQ at Shimla and its Task Forces at Jeori and Manali.

TheProject Deepakhas been working energetically and enthusiastically in some of the most inhospitable High Altitude terrains of Himachal Pradesh. BROWWA has always endeavoured to assist in improving the quality of life of our members and their families. It has proved as an excellent platform which provides emotional support to the ladies and assist ladies in sharing their experiences and learning from each other.

As Zonal President BROWWA, I deem it an honour and responsibility to ensure that the families are cared for and enjoy a stress free stay in the Project.

I have laid special emphasis on improvement of health and hygiene of the families by conducting health related lectures through medical staff. Special emphasis was given in making CGHS cards of our personnel and their families so that they can avail the facilities of CGHS. Felicitation of ladies was done who have done significant contribution in the well being / functions of the BROWWA.

BRO raising day was celebrated with high spirit and enthusiasm. Many competitions such as talent show, fancy dress, drawing competition, etc was organized for children. For ladies events such as Rangoli competition, solo dance, traditional attire, musical chair was organized and prizes were distributed. There was full participation of families in all the events organized.

Its my duty as Zonal Chairperson BROWWA, to provide an all encompassingenvironment to the families of our Project.It is our consistent endeavour to create a happy, stress-free environment all roundwhich promotes both physical and mental health and an atmosphere of happiness of our troops and families thereby endeavouring to fulfil the BROWWA vision.

















PROJECT DANTAK



Message From

Mrs Nidhi Gupta

Zonal Chairperson



Project Dantak, in the Kingdom of Bhutan, is among the oldest Projects of the Border Roads Organization. Raised in April 1961 at Deothang, in Eastern Bhutan, the Project has a proud heritage of over 63 years and its history is intertwined with socio-economic development of this magnificent Himalayan Kingdom. The Project has contributed immensely to the enduring bonds of friendship between India and Bhutan and continues to be a key component of several initiatives. Over the years, the Project has created has nurtured an enduring friendship with the people of Bhutan and their affection as well as the wholehearted support from the Royal Government forms the bedrock of the Project's activities.

Project Dantak has a large footprint in Bhutan with our families living in various parts of the Project inThimphu, Phuentsholing, Paro, Chapcha, SamdrupJongkhar and Kanglung. The welfare activities under aegis of BROWWA are primarily focussed on accommodation for families, children's education, recreation and awareness on health issues amongst ladies of the Border Roads Organization personnel as well as providing facilities not easily available in the area.

BROWWA Schools are being run at the Project Headquarters at Thimpu as well as other locations in Paro, Kanglung and Darranga, with the aim of providing basic educational facilities to the wards of BRO personnel stationed in these areas. Over the years, wards of CPLs working in these areas have also been included under its ambit. Besides free education, these schools also provide study material and uniforms to these wards of CPLs. Constant efforts are ongoing towards all-round development of the children and upgrade facilities in these schools.

As Zonal President BROWWA, I consider it an honour and a noble responsibility to ensure that our families are cared for and enjoy a stress-free and pleasant stay in Bhutan. It has been our endeavour to encourage voluntary participation in all activities as well as create conditions for the ladies and children to develop confidence and showcase their talents. Aim of all BROWWA activities is to build confidence and reinforce camaraderie among the families. The BROWWA activities also include assistance to CPLs families and their well-being. Guest rooms have also been established at various locations for benefit of non-resident families joining their spouses during vacations.

Regular lectures and camps on medical issues, cyber security as well as health and hygiene are organized for troops and families. Efforts are also made to involve local medical authorities and organizations to spread awareness. Overall, the theme of welfare in Dantak is to promote trust and confidence in the organization and to create a friendly environment for families to enjoy the beauty and serenity of this beautiful Himalayan Kingdom.



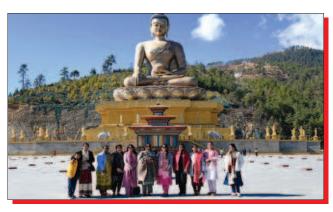
















PROJECT HIRAK



Message From

Smt Jaya Prakash Kolipey

Zonal Chairperson



Project Hirak is deployed in the Kumaon area of Uttrakhand which is bounded on north by Tibet (China) and on east by Nepal. The Project is located in one of the most difficult terrains of the Himalayas. The Project was a Special Task Force till February 2022 and since then, it is now a Project with two Task Forces with it's HQs at Tanakpur.

Due to nature of deployment, climatic conditions, availability of space and the type of terrain, only limited family accommodations have been constructed inside the premises of Project HQs & units under AoR and few families have been granted outliving permission at all possible places. For a comfortable stay basic amenities have been provided to the families in these accommodations with children going to nearby schools. The BROWWA activities are going on regularly for welfare and upliftment of families. This is a great platform to exchange thoughts, share culture, educate families and resolve their problems.

We at Project Hirak are always committed for upliftment of families of brave Karmayogis of BRO. Lectures and demonstrations on various topics and issues have been an integral part of BROWWA activities. Ladies are encouraged to learn driving vehicles, initiate and run suitable business ventures for self sufficiency & also to contribute to family economy, all of which will help greatly in women empowerment. Ladies & girl children are educated to learn self defence techniques and protection of women from domestic violence, harassment at workplaces & other public places. They are also encouraged to learn skills like arts, music, beauty tips/beautician courses. Awareness talks are also arranged to learn water & electricity saving tips & ways and measures to be adopted for protection of nature and climate. Supporting and motivating the budding talents are helping the children to understand their potential. Regular medical camps and health awareness lectures are being organized to identify and take care of the medical issues of not only the BRO personnels but also the families of CPLs employed for the work.

I take this opportunity to thank all the members who have contributed towards bringing up this fantastic edition of "KUTUMB"











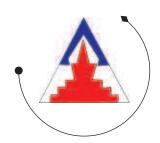








PROJECT HIMANK



Message From

Dr.Sharmistha Srivastava

Zonal Chairperson



I would like to express my heartfelt congratulations and admiration to president BROWWA and entire BROWWA family on release of the 8th edition of KUTUMB. It is an honour and a significant responsibility for me to guide and inspire the women of Project Himank and empower them to do well in life.

Project Himank is one of the oldest Projects of the Border Roads Organisations with its Headquarters at Leh and the troops are deployed in one of the most difficult terrain with Task Forces in Eastern Ladakh. The Project has achieved many laurels like connecting the highest motorable road at Umling La Pass in Eastern Ladakh at an altitude of 19,300 ft. Project Himank is providing all weather connectivity to remote parts of the country.

BROWWA under the guidance of president BROWWA, Mrs Sumita RaghuSrinivasanserves as a platform for members to connect, interact and learn from each other. This platform provides an encompassing environment to all Himank families. A lot of efforts have been put in to improve the living conditions, provide state of art amenities, quality education facilities and recreation facilities for families and childrenatLeh.

It is through this collective synergy that Project HimankBROWWA will endeavor to nurture support and empower the members in fostering their growth and development in all postitive ways. I would also like to thank the editorial team of KUTUMB and other contributers for their efforts and wish them 'all the best' in their endeavours.











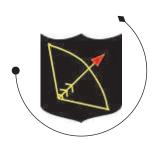








PROJECT PUSHPAK



Message From

Mrs Seema Singh

Zonal Chairperson



Feminism isn't just about women; it's about letting all people lead fuller lives."-JaneFonda

It is truly an honour and a tremendous responsibility bestowed upon me to guide and inspire the women of Project Pushpak through purposeful interactions.

Project Pushpak proudly encompasses two task forces one nestled in the breathtaking hills of Mizoram and the other located in the captivating surroundings of port Blair, within the Andaman and Nicobar Islands. At Project Pushpak, we have organized plethora of BROWWA gatherings, aimed at facilitating knowledge exchange, skill development, and providing a platform for empowering all our esteemed members. The unwavering dedication and unwavering commitment displayed by each and every member are truly exemplary.

We place utmost importance on addressing various challenges faced by our members, such as occupational hazards, family issues, marital discord, perceived grievance, mental health concerns, and financial hardships. To cater these needs, Project Pushpak diligently conducts regular BROWWA meets, ensuring timely interventions and focused counselling to effectively address any concerns that may arise.

In addition to our primary objectives, we are proud to run exceptional primary schools both at our project headquarters and task force levels. The prestigious Pushpak Primary school, duly recognized by the esteemed Mizoram State Education Department, caters not only to the children of our troops and CPLs, but also warmly welcomes children from the local Mizoram community. This inclusive approach has significantly contributed to building strong and positive reputation in the region. Presently, over 250 children are enrolled at Pushpak Primary School, ranging from kindergarten to the third grade.

One of the distinguishing features of our school is that the children of CPLs are exempted from any fees, as the entire financial burden is generously borne by the school has gained a well-deserved reputation for providing exceptional quality education, making it the most sought-after educational institution in the surrounding areas.

As the Zonal Chairperson of BROWWA Project Pushpak, firmly believe that - BROWWA serves as an essential platform for members to connect, interact, and learn from one another. Project Pushpak BROWA remains committed nurturing, supporting, and empowering our members, fostering their continuous growth and development. 7. Looking ahead, we are excited to expand our initiatives and further enhance our support systems and education programs. Our vision includes launchingnew skill development workshops, mental health awareness campaigns, and financial literacy sessions to ensure the holistic well-being of our members. We are dedicated to making BROWWA a ray of hope, progress, and empowerment for all, ensuring that every member feels valued and supported on their journey towards personal and collective growth.

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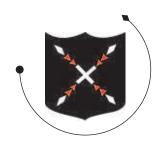








PROJECT SEWAK



Message From

Mrs K Gnana Lakshmi

Zonal Chairperson



With great pride and delight, we are pleased to showcase the welfare endeavors of Project Sewak in this commemorative publication to the 8th Edition of "KUTUMB". Under the visionary guidance of President BROWWA, we highlight the significance of the quarterly meetings, focusing on knowledge, well-being and enjoyment. These gatherings hold immense value in our lives at Sewak Headquarters and Task Forces/RCCs.

The State of Manipur is still going through a phase of turmoil, curfew and disturbances. We are collectively trying to overcome this stressful time by ensuring adequate safety and motivating all families and children. We pray to the almighty that this phase passes quickly without any loss.

Over the past few months, we have successfully undertaken various initiatives that have made a significant impact on the lives of the individuals we serve. We are celebrated International Year of Millets (IYOM), special Guest Speech about important use and intake of millets in regular life and celebrating International Year of Millets (IYOM) 2023, slide show about International Year of Millets (IYOM) and competition on food preparation with main ingredients of Millets. Recognizing the importance of fostering creativity and talent in our young ones, we organized a series of engaging competitions, including dance, drawing, essay writing and singing. These events served as a platform for children to showcase their abilities and have helped nurture their confidence and self expression.

A free healing camp for all types of physical and mental problem and solution capsule section has beenconducted by Senior Pranic Healer MsAneetaSaraf under the aegis of BROWWA on 23 Feb 2024 and up date for the capsule are being carried out for the opted members as part of the follow up for interested participants frequently.

Once again, I express my deepest gratitude to every member of Sewak's BROWWA family for your dedication and unwavering commitment. It is through our collective efforts that we can create a brighter and I take this opportunity to thank all the members who have given their contribution towards bringing up this fantastic edition of KUTUMB Magazine.



















PROJECT SWASTIK



Message From Mrs Neeti Manoj Gupta Zonal Chairperson



- 1. Project Swastik is nested in the upper reaches of our great Himalayas at Burtuk near Gangtok since 1960. The formation sign 'SWASTIK' is an ancient Hindu and Buddhist religious symbol having an association with Sun and symbolizes, 'prosperity' and good luck'. The project is fondly known as Shaan-e-Sikkim by the locals as a result of it's yeomen contribution to the socio-economic development and welfare of the local population since it's raising.
- 2. The area of responsibility of Project Swastik spans the East and North portion of state of Sikkim including portions of North Bengal. Inspite of hardships and challenges faced by the personnel due to the tough terrain and tough weather conditions, this tenure is one of most coveted postings for BRO personnel owing to the healthy working environment, available facilities in state and various welfare measures instituted by BROWWA Swastik over a period of time.
- 3. A Pre-Primary School (Toddler School) for tiny buds of personnel and CPLs being employed by the Project is being run upto UKG as a welfare measure. Educational aids of standard curriculum have been incorporated including activity based training and inclusive learning as an initiative to impart quality education with emphasis on extra—curricular activities and soft skills like singing, instruments playing, dancing, etc. The school has undergone essential renovation recently to ensure safety and comfort of our toddlers. Also, existing children park has been strengthened for safety with functional swings and area beautification which has become a hub of activities for young ones.
- 4. The Project HQ has it's own well established medical set up with a doctor and dentist who conduct regular medical camps, awareness programs and screening for the well being of personnel, their families including Casual Paid Labourers (CPLs).
- 5. To improve quality of life and comfort level of personnel, equipment such as electric cloth dryers, washing machines, RO system, food warmer, hamam and heating implements have been installed. A dedicated team of Carpenter, Mason, Electrician and Plumber visit married accommodation regularly to address day-to-day maintenance issues proactively. A Barber Shop, Beauty Parlour and Non-CSD/Vegetable shop are functioning within the premises as a welfare measure to meet daily requirements of personnel and their families. The door to door delivery of fresh vegetable is being ensured every Tue. A number of excursions, picnic, happiness themed events, share and care programs are organised for families of personnel as well as CPLs regularly to keep their morale and motivation high. As a measure to take care of health of families, medical check up with with health cards to document and ensure conduct of regular health check ups.
- 6. We, at Project Swastik, as a team take pride in enhancing the confidence and comfort of our families by undertaking meaningful and relevant welfare activities. It is our constant endeavor to provide a stress free conducive environment and at the same time, leave no stone unturned to upgrade the living standard of personnel/CPLs and their families.



















PROJECT SAMPARK



Message From

Mrs Preeti Madan

Zonal Chairperson



Nestled amidst the majestic Himalayan ranges, Jammu emerges as a cultural haven, intricately woven with the vibrant threads of Dogra artistry. Its illustrious temples, among them the revered Vaishno Devi, not only serve as spiritual sanctuaries but also stand as magnificent architectural marvels. Here, where the northern border converges with Punjab and Himachal Pradesh, Jammu unfolds its diverse landscape, from verdant valleys to snow-capped peaks, inviting exploration of its captivating natural splendor.

Within this enchanting backdrop, Project Sampark emerges as a catalyst for positive change, heralding transformation in the lives of millions across the Union Territory of Jammu and Kashmir, extending its reach south of the PirPanjal Range and into the contiguous expanses of Punjab and Himachal Pradesh. Sampark, a word symbolizing the close cooperation required with numerous agencies for the purpose of executing road development, epitomizes our commitment to fostering collaboration and synergy in the pursuit of regional progress. By uniting diverse stakeholders and harmonizing efforts, Project Sampark not only uplifts communities but also embodies the spirit of progress and inclusivity, resonating with the essence of this culturally rich and diverse region.

BROWWA Sampark, a registered welfare association under the Societies Act and the esteemed Government of Jammu & Kashmir since its inception in 2006, stands as a testament to our unwavering dedication to the welfare of our community. Our primary objective is clear: to empower the families associated with Sampark through tailored welfare measures, catering to their individual needs and aspirations.

At the heart of our endeavourthere areapproximately 516 families, brave soldiers hailing from the 31 and 35 Task Forces, Western Base Workshop, Western Stores Depot, 1815 Pnr Coy and 1816 Pnr Coy. Through BROWWA Sampark, we strive to instill a sense of belonging and camaraderie among these families, encouraging wholehearted participation in the various events organized within their respective units.

Our motto, 'Share and Care,' serves as the guiding principle of our association. We recognize the importance of providing not only tangible support but also emotional and psychological assistance to our community members. Thus, we have endeavoured to create an all-encompassing environment that addresses the diverse needs of our families. From improving living conditions and providing basic amenities to ensuring quality educational facilities and recreational opportunities for our children, every effort has been made to enrich the lives of those we serve.

As we reflect on the endeavours of HQ CE (P) Sampark and BROWWA Sampark, it becomes evident that they are steadfast pillars of progress and compassion within our community and beyond. Upheld by principles of unity, inclusivity, and compassion, our commitment remains resolute in forging a path towards a brighter and more prosperous future for all stakeholders involved.



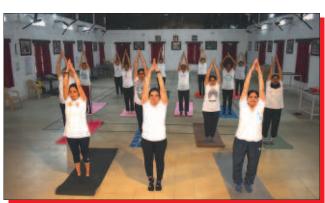














BROWNA

PROJECT SHIVALIK



Message From Mrs Yogita Sharma Zonal Chairperson



- 1. BROWWA SHIVALIK embodies the spirit of service, adaptability and community. The association works for the welfare of the spouses, children's and dependents of BRO personnel under all challenging terrain and circumstances. BROWWA also known as the invisible hands that shapes the punch of the Force.
- 2. To Support and augment the welfare efforts, a host of activities are being organised on a regular basis at the new KLP of Project Shivalik at Lal Tappar. Regular welfare meets are being conducted with the aim of strengthening the bond between families and encourage healthy community living. This is specifically significant since the occupation of family accommodation in the new KLP in Jan 2023.
- 3. During the various BROWWA meetings conducted, following issues have been touched upon: -
- (a) Promoting Health's Awareness and well being. BROWWA SHIVALIK is committed to creating a health community that adopts a healthy life style by choice. It looks at promoting physical as well as the mental and emotional wellbeing of its members. Conduct of Dental Hygiene camp was conducted by Lt Col Varun Rana, Conduct of Yoga sessions five times a week for families and children; and participation in Inter National Yoga Day are the few initiatives by BROWWA SHIVALIK.
- (b) Empowerment. Various activities are being conducted at the BROWWA SHIVALIK meet to empower women to realise their potential and compete for equal opportunities in building a successful home and carrier. Special emphasis is to empower them in raising their voice against Gender Discrimination, Injustices and Violence. Conduct of various competitions such as Badminton, Drawing, Singing, Dancing were organised on the occasion of Shivalik Day on07May 2024 to spread social awareness, instill confidence, personal enhancement and enjoy professional success. BROWWA Shivalik provides a platform for women to share their experiences and views regarding their status in the society and to suggest ways to improve and empower themselves
- (c) Way ahead Commissioning of Multi-Purpose Hall, Vegetable and Fruit shop; and a Daily Needs shop within the KLP. In the near future an Auditorium, Walking Plaza and a Children Park shall be commissioned for the welfare of the troops and their families.
- 4. It's always being a pride moment to be able to contribute to this proactive organisation which works relentlessly to assist, improve and foster the well-being of the force behind the Force.

JAI HIND, JAI BRO











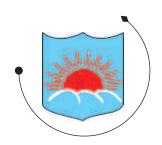








PROJECT UDAYAK



Message From *Dr. Pranita Sharma*Zonal Chairperson



Dear Member of the BROWWA,

I am honored to extend warm greetings to each and every one of you as the Zonal Chairperson of Project Udayak.

Our association stands as a testament to the strength, resilience, and camaraderie of the families within the Border Roads Organization community. Through our collective efforts, we have created a supportive network that uplifts and empowers one another, both personally and professionally.

As we embark on this journey together, let us remember the importance of unity, compassion, and inclusivity. In a world filled with challenges and uncertainties, it is our solidarity that will guide us through the toughest of times and propel us towards success.

I am continually inspired by the dedication and determination displayed by our members in serving our organization and supporting one another. Whether it is through organizing events, providing assistance to those in need, or advocating for important causes, each of you plays a vital role in making our association a beacon of hope and positivity.

As we look towards the future, I am filled with optimism and excitement for all that we can achieve together. Let us seize every opportunity to learn, grow, and make a positive impact in the lives of those around us.

I encourage each of you to actively participate in our association's activities, share your ideas and experiences, and continue to support one another in our collective pursuit of excellence.

In closing, I want to express my deepest gratitude to each and every one of you for your unwavering dedication and commitment to our association. Together, we will continue to stride forward and create a brighter future for all.

With warm Regards,



















PROJECT VARTAK



Message From Mrs Anitha Raman Zonal Chairperson



- 1. We, the family of "Project Vartak" Organise regular BROWWA meetings, along with events concerning social welfare and women environment. Like every year in the last year too, we have organized various programms at Mani Bhawan of Project Vartak. These meeting have to create awareness among the ladies of our project provided platform to the ladies of the Project to express their feelings, issues and thoughts along with that, BROWWA Project Vartak also plays a vital role in improving the living condition of the families.
- 2. Following Special BROWWA meet were organized during the year other than normal meetings which are generally held on monthly basis:-
- (a) **DIWALI MEET:-** A Special BROWWA meet was organized on 06 Nov 2023 on occasion of Diwali at Mani Bhawan Vartak Project Complex. Various cultural functions including regional dances like Garhwali & other were organised for families and children in which they all participated with full josh. Garhwali. A Quiz and Diya Decoration competition were also organized.
- (b) **WINTER HEALTH PRECAUTIONS:-** Capt (Dr) Vetrimani of CMIR (P) Vartak elaborated about the health issues and disease due to onset winter season. He meticulously briefed about the health precautionary measures required to be taken specially in winter season to prevent the family members getting ill and suffer from various deseases. He also showed a video explaining about the preventive steps to get rid of heart related health issues. The session was quite attractive, its which ladies asked various doubts on these issues during interactive season and committed to adopt the advices given by Doctor.
- (c) **GARDEN OF YOUNG DREAMS:-** A function was organized to commemorate the inauguration of the school garden "GARDEN OF YOUNG DREAMS" of Vartak Model School. Ronal Chairperson graced the occasion and appreciated the children's innovation of using only waste materials and decorative colors to transform a raw landscape to a verdant and lush flower garden. Apart from that Annual Sports day of Vartak
 - Model School was also celebrated in which all the students enthusiastically participated in various sports organised by the school. The particulars were honoured by medals and certificates to best up their energy levels.
- (d) ANNUAL DAY CELEBRATION OF VARTAK MODEL SCHOOL:- Vartak Model School celebrated its Annual Day by exploring endless joy and anthusiasm on 3rd February 2024 at Mani Bhawan, showcasting the theme "UDAAN". Students of Vartak Model School participated in the cultural programme started with mesmerising Ganesh, Saraswati and Krishna Vandana, which filled spirituality in the environment. Various theme-based dances and other performance by the students were also showcased, adding more colours, joy, and energy in the event. The messages were conveyed through dramas/dance in respect of saving environment, ban on plastic, hazards of social media and etc. Adding flower to the function, a group song was performed by the teachers was delightful to watch, It was simply amazing, and all the efforts put by the students paid off, resulting in loud applause from anyone in premises.
- (e) YOGA CLASSES:- A Special lecture was delivered by yoga fitness trainer Smt Chitra Kakoti on the benefits of yoga alongwith the demonstration. She provided free yoga training coaching to the women and children of Vartak for ten days.
 - She explained about the origin of the word 'Yoga' which is derived from the Sanskrit word 'Yuj, and its meaning is 'to join' or to unite'. Thereafter, she demonstrated many asanas like Vrksasana, Tadasana, Kandhrasana, Ushtrasana and Surya Namaskar and explained their benefits.
- (f) LECTURE PROGRAMME:- A Special lecture programme on "Procedure for medical investigation and re-imbursement of medical bills" was organized on 26 Apr 2024 and was delivered by GS-202761N LDC S. Dhwani, She briefed about the benefits/facilities of CGHS and CS(MA), procedure to claim emergency admission at private hospital, latest news updation about mandatory linkage of ABHA card with CGHS card and etc.
- 3. Provision of free education alongwith distribution of books has also been extended to the Kids of CPLs enrolled in (P) Vartak in Vartak Model School. A special drive by Ronal Chairperson to ask the well being of the new born babies, at HQ (P) Vartak has been initiated, so that interactions with all the ladies residing at HQ location can be established.
- 4. To keep the ladies updated with the latest development taking place arround us, experts from various fields were also invited to deliver lecture cum demonstration. Our aim is to improve the awareness of our families about the latest and useful technological developments as well as about the latest issues of concern in the environments.
- 5. With the effort and foresightedness of every member in our BROWWA family, we have progressed by leaps and bounds. Various family issues, physical and mental health as well as various issues of day to day life of our members have been addressed. We are trying to improve the living standards BROWWA at Project Vartak has one singular aim that is to improve the "Happiness and Confidence Index" of the families.

















BROWNA

PROJECT VIJAYAK



Message From Mrs Roma Bahl Zonal Chairperson



- 1. Project VIJAYAK, with its Headquarters located in the Kargil District of the Union Territory of Ladakh, stands as a testament to resilience and progress since its establishment on 21 September 2010. Named after Operation VIJAY, symbolizing victory in the Kargil War of 1999 the Project has been pivotal in spearheading critical infrastructure development across Western and Northern Ladakh.
- 2. Spanning from Zojila in Western Ladakh sector to the Siachen Base Camp and Sasoma-Sasser La-Saser Brangsa in the Karakoram range of Northen Ladakh, Project VIJAYAK has continually achieved significant milestones aimed at uplifting the lives of the local populace as well as enhancing the strategic preparedness of the Defence Forces. Despite being nestled in a High Altitude Area with temperatures ranging from a mild 5 to a bone-chilling minus 40 degrees Celsius, Project VIJAYAK has surmounted the challenges posed by the harsh climate. However, due to extreme weather conditions, only a limited number of families and children of personnel prefer to reside within the Project area. Maximum families plan occasional visits during the summer months.
- 3. Acknowledging the importance of well being of families residing in Project Vijayak alongwith extreme climatic conditions prevalent in the region, endeavour has been made to provide comfortable family accommodation in the form of PUFF shelters with necessary amenities for the resident families. At present a total of 26 temporary family accommodation exist in the garrison. Considering the inclination of more and more families to reside at the station, 05 Nos of additional PUFF shelters have been planned for erection in financial year 2024-25.
- 4. In a bid to promote physical health and well being of the families residing at HQ Vijayak, regular lectures are being organized as part of BROWWA activities. These lectures are aimed at creating awareness over a variety of topics to include women's health, significance of Dental hygiene in high altitude area, cyber security etc. These lectures are organized in close coordination with District Hospital, Kargil so as to have better liaison with Civil Medical Authorities and wider medical coverage for the resident families.
- 5. HQ CE (P) Vijayak has also taken a step forward in the form of association with an NGO STRIGMO in which an effort has been made to foster Art culture in the children of the NGO.
- 6. As Project VIJAYAK continues to march forward on the path of progress, it remains dedicated to improving the living conditions and well-being of its personnel and their families living in harsh climatic conditions. Through initiatives like BROWWA, the project endeavors to achieve the overarching goals of community upliftment, thereby leaving a lasting impact on the Border Roads Organisation fraternity and society as a whole.

Jai Hind.









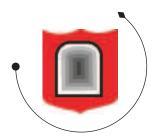








PROJECT YOJAK



Message From

Mrs Soma Saha

Zonal Chairperson



Project Yojak was raised in Nov 2021 & is the youngest project of Border Roads Organization. After completion of the famous Rohtang Tunnel, now 'Atal Tunnel', Project Rohtang Tunnel was rechristened as Project Yojak.

Since project Yojak is at a nascent stage & undergoing transition, therefore adequate opportunities are not available to officers / pers to keep their families with them. However, efforts are being made constantly to construct new family accommodations to make this project an alluring destination for families & Children of organization in future.

BROWWA activities have been started recently with limited resources in hand with an aim of expressing thoughts and feelings and ensuring resolving a problem if any together.

BROWWA Yojak has been undertaking effective welfare activities at various levels ensuring contentment, prosperity and wellness, leading to creation of harmonious environment throughout the project.

Constant efforts are made to improve the living conditions of families and meeting their aspirations within the available means and resources. It has been the endeavour of BROWWA Yojak to provide good accommodation, Health Care, administrative support, sports and recreational facilities.

Feedback received during informal meetings and interactions during 'Family Welfare Meets' are swiftly acted upon to ensure genuine requirement of families are fulfilled. These efforts have contributed to strengthening of relationship and bond between the families, thereby, making 'Yojak Parivar' a more satisfied, happy &well-knit family.

Towards 'women Empowerment', BROWWA Yojak has imparted knowledge & training on Yoga, waste management, health & hygiene, immunization program etc.

BROWWA Yojak is running a school for young children of CPLs to involve them in myriad activities. The chairperson BROWWA Yojak takes personal initiative to look after the school. School bags with contents and other assistances are being distributed time-to-time to all the children to keep them enthusiastic and motivated, also to instill feeling of one big family in all the labour working with.

We at project Yojak are sanguine &committed to ensure full participation and work towards the vision of President BROWWA. Also, in the process learn from each other make valuable contribution in life of every family member of Project Yojak.











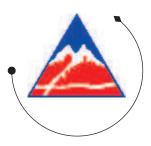








R&D ESTABLISHMENT (BRO)



Message From

Mrs. Monika Dua Zonal Chairperson



I, Mrs. Monika Dua, wife of Shri Rajeev Dua, SE (Civ), Officiating Chief Engineer of R&D Establishment (BRO), have officially assumed the charge of Zonal President of the Border Roads Organization Women's Welfare Association (BROWWA), Research & Development Estt (BRO).

It is an honor to serve in this capacity, and I am committed to upholding the values and objectives of BROWWA. My primary focus will be on fostering a supportive and empowering environment for all members promoting welfare activities and enhancing the overall well-being of the community associated with the Border Roads Organization.

I look forward to collaborating closely with the President, Border Roads Organization Women's Welfare Association (BROWWA) to achieve our shared goals. Your guidance and support will be invaluable as we strive to make a positive impact and drive meaningful initiatives forward.

Thank you for the trust and confidence placed in me. I am excited about the opportunities ahead and am dedicated to serving with dedication and enthusiasm.

Warm regards,

BROWNE









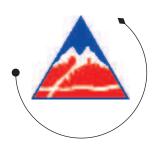








GREF CENTRE



Message From

Mrs Aditi Ahlawat

Regional Chairperson



Since its establishment in 1962, BRO School & Centre Pune has been a pivotal institution within the Border Roads Organization, tasked with recruitment and training personnel for construction and maintenance operations in challenging terrains, along the border areas. Situated centrally in India, it facilitates easy access for trainees from across the country, making it a vital hub for skill development. One of its standout features is the vibrant community it nurtures.

The Centre accommodates a significant number of families, leveraging this demographic strength to foster an enriching environment for all. Central to this community is the BROWWA Platform, which has emerged as a cornerstone of support and empowerment for the spouses of BRO personnel. Here, families converge not only to connect socially but also to participate in a diverse range of educational and developmental activities. The ethos of the BRO School & Centre extends beyond professional training to the holistic development of families. Children benefit from a stimulating environment that encourages them to explore their interests and talents, preparing them for promising futures. Periodic BROWWA meetings are integral to this supportive ecosystem, focusing on issues ranging from personal well-being and health to education. Lectures on topics such as spiritual well-being and medical awareness, including lifestyle diseases and acupressure, contribute to the enrichment of attendees.

The recent inauguration of a RO plant within the family accommodation area underscores the commitment to enhancing living standards by providing clean and safe drinking water.

These initiatives, though modest in appearance, hold profound potential to enhance the quality of life for all participants, equipping them with resilience to confront future challenges. As we celebrate these achievements, the BROWWA Platform stands as not merely a support network but as a testament to the strength and unity of its members. Through empowerment and education, these remarkable women pave the way for others to achieve greater heights.













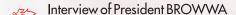




ENGLISH SECTION



English Article



- Unveiling The charm of Koloriang A Journey to Luruhugu
- Savitribai Phule Education and Social Reform Pioneer
- The Lost Key Mystery
- I am not Perfect but Real
- The Study Hassel of a CA Student
- The Importance of Meditation, Yoga and Pranayama
- Corporate Champions Community Catalysts
- Striking the balance: Navigating the Complexities of Work Life Harmony
- Embracing Change Tips for Adapting to New Postings
 - Joining Forces Against Cervical Cancer How Awareness, Vaccination, And Screening Can Save
- My Therapeutic Little Garden
- Mobile Phone Addiction Among Children

Reach Out

INTERVIEW OF PRESIDENT BROWWA

BROWWA has the large footprint, how do you expect the Zonal Chairpersons at various Projects to translate your vision into action?

Yes, that is true. We are rather spread out as a family and most of our stations are in remote and inhospitable areas. Therefore, it's important to understand that each project will have its unique challenges.

We at the HQ DGBR will only give broad directions and advice. The Zonal chairpersons have the freedom to decide their own strategies for implementing the suggestions sent by us at their respective locations.

I think it's very important that we give that room to the chairpersons at the Projects. That way they can exercise their discretion and create ventures which will suit their project conditions, both in terms of weather and personnel.

From a young Captain's wife to a Lt General's wife. Where do you see yourself now?

I can definitely say that a lifetime has gone by. I'm much more mature now than I was as a newlywed, a lot more tolerant to diverse natures and attitudes and much aware of how little I know.

When I was a newly married I was very sure of my beliefs and certain that my way of thinking was the best. As I went along in this journey, I saw many different circumstances and unique situations. I have learnt a lot through this journey of my experiences. I have learned to respect other opinions and come to the realization that there may be several rights. What suits one individual or one situation may not be acceptable for another. I have learnt to be grateful more often.



Where do you think BROWWA will be in the coming next one year?

I would like to see BROWWA grow as an organization. More and more people should join up with us. There are so many good things that we can do to improve the circumstances of our BRO personnels and CPLs because the CPLs come from very very humble circumstances and if we can do something which will benefit them, it will be an achievement. I happened to meet a young lady who was teaching at our BRO school at Project Pushpak and I realized that she was a CPL personnel's daughter, studied in the BRO School and she grew up to be a very accomplished lady. She spoke so well, was well dressed and was teaching in the BRO School itself. It was very heartening to see her giving back to the organization now. That means we can touch lives like this. That should be our main aim. We can improve the lot for others who are less fortunate. The most important thing is to use technology. We should embrace it and use it to the best of our abilities so that we

BROWNE

can reach as many people as possible.

And of course our main thrust area is children, We should strive to give them the best possible circumstances because we are in remote areas and they should not lag behind. We should provide them the opportunities so that they should be able to compete with the kids who are in metro cities.

You have an immense work experience, how will you apply your past work experience to this organization?

I have been very fortunate, because I have had the opportunity to work in AWWA at almost every level. In the unit, as a Captain's and Major's wife, and subsequently, when Raghu commanded the Regiment and then the Brigade, and also as an instructor's wife at many places. I got an opportunity to see AWWA in a different forms ever since I got married and yes I have had work experience in other organizations as well. I would like to use both these experiences and bring a common ground which can be applied to BROWWA. Most important thing is to get the team together. In HQ DGBR itself we have encouraged ladies to attend the events. We have tried our level best to have a lot of team building exercises, connect through virtual conference with the projects so that we understand each other's complexities and problems. The more we understand that, the better we are equipped at designing programmes which will help our families and



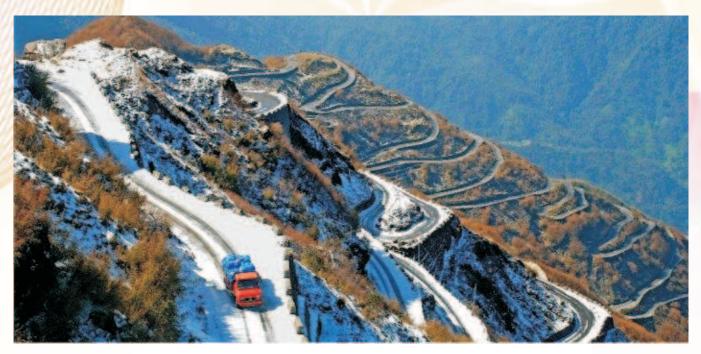


CPLs. This is the experience I would like to utilize here we are going ahead to make BROWWA more and more inclusive. It should be something practical so that members are able to utilize it. Everybody is talking these days about financial planning, environmental conservation, so these are the areas where we can encourage our families and raise awareness about them. And of course mental and physical health needs to be worked upon which will help the families to use it in their day to day activities so that it can benefit them.

You are a beauty with talent. You had been Miss APS Delhi, your suggestions to our BRO ladies?

So, Miss APS was lifetime ago. Over the years whatever laurels I have earned, none of them were related to physical attributes. In our times, such awards were not related to how you looked, there were totally different parameters for such awards. You were selected by a group of teachers who selected you based on your talents, your participation in different activities like academic, sports and other extra curricular activities. I would like to suggest to everybody to be true to oneself, be what you are. It really doesn't matter what you look like. In today's world we have started focusing on too much on looks. Physical attributes are only a certain part of you. We should try to nurture every aspect of ourselves whether it is our work, our interests, hobbies or passion. That is much more important in defining you. Ofcourse, one must

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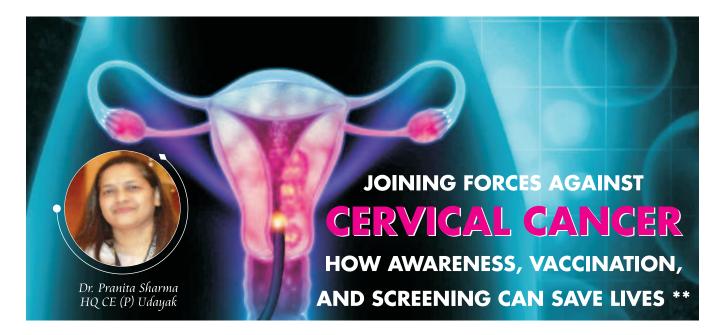
be presentable, respectable, wear decent clothes and put ones best foot forward always.

However, more of our time should be spent in growing as an individual, as a person and learning other skills and nurturing our talents. We should focus more on such things and I must say most of our ladies are doing that already. It is very commendable that I see a lot of my BRO ladies extremely accomplished and polished. In fact when I go to the projects, I am surprised that the talent that I see there, they are so good at music, dancing and singing. It is of a very high level. I encourage and advise them to be complete in themselves, they really don't have to prove it to anybody but to themselves. That will help them grow and if they are happy in their own skin they will be able to translate it as a much more positive environment in the family too.

Share us the most memorable experience of your life from both as a fauji's daughter and a fauji's wife?

There have been so many experiences and it is difficult to choose. When Raghu was about to take over command as a CO, everybody told me that its going to be the most memorable tenure of his entire service career. As a CO's wife you will enjoy the most because you will be living like a family. I did have a wonderful time during my husband's command, part of it was in Meerut and part of it was in Leh. It was a strong bond of regimental crowd. But then even as a Brigade Commander, we had a lovely family like experience. Everybody was so warm and so friendly that I never felt that we were not in the regiment and subsequently Raghu got posted as a Centre Commandant also, there again I had a very wonderful time. In fact some of my favourite people I met at the Centre. So, I can definitely say that if you keep your mind and heart open then you are going to enjoy every tenure and every place is going to be memorable for you.

Now in BRO, I am blessed to see so many different Projects at different places. I am getting an opportunity to see places that are pristine and untouched and literally nobody has ever gone there because there are no roads there, so until we make the roads nobody reaches there. That itself has been a very enriching experience and I am still enjoying every bit of being in BRO and seeing totally different side of the armed forces and life.



In the battle against cervical cancer, knowledge is our strongest weapon, and awareness is our first line of defense. Much like an army preparing for battle, preparing to fight cervical cancer involves strategic planning, early detection, and effective weaponry in the form of vaccinations and screenings.

Cervical cancer, primarily caused by the Human Papillomavirus (HPV), stands as a formidable enemy, but it's one we can outmaneuver with the right tactics. HPV is remarkably common, and while most infections go away on their own, some can lead to cervical cancer over time. This is where the HPV vaccine comes in a preemptive strike that can stop the enemy before it ever gains a foothold. Girls aged 9 to 14 can often achieve sufficient protection with just two doses of the vaccine, while those aged 15 and older typically need three doses for optimal immunity. Vaccinating against HPV is akin to sending in special forces to neutralize a threat early on. It's especially effective when administered before exposure to the virus.

Screening is our reconnaissance mission, crucial for detecting any signs of the adversary early. Routine screening tests, like the Pap smear and HPV tests, are the surveillance drones of cancer prevention, scouting for abnormal cells or HPV infection before they turn into full-blown cancer.

For women aged 21 to 65, these screenings are recommended regularly and can literally be lifesavers, catching cells that could turn cancerous in the future.

Knowing the enemy's tactics is also crucial. Some warning signs and symptoms of cervical cancer can include abnormal bleeding, such as bleeding between periods, after intercourse, or after menopause; unusual discharge; and pain during intercourse. However, cervical cancer can often sneak up silently in its early stages, making regular screenings even more vital.

Like any formidable army, those fighting against cervical cancer come from all walks of life, but unity is key. Healthcare providers, parents, educators, and young adults must join forces to ensure widespread vaccination and regular screenings. Community leaders and influencers can also play a pivotal role by raising the flag of awareness and mobilizing forces against this preventable disease.

Cervical cancer might seem like a daunting enemy, but with widespread HPV vaccination, regular screenings, and increased awareness, it's an enemy that can be defeated. Let's rally the troops, fortify our defenses, and work together to kick cervical cancer off the battlefield.

UNVEILING THE CHARM OF



Lt Col Neeraj Kumar Yadav OC, 85 RCC (GREF)

estled within the serene expanse of Arunachal Pradesh's Kurung Kumey district lies the enchanting town of Koloriang, where nature's grandeur unfolds in every corner. Embarking on a quest for recognition as the wettest place on Earth, Koloriang stands as testament to the untamed beauty of the Eastern Himalayas.

As travellers traverse the winding roads, they are greeted by breathtaking vistas of show-capped peaks, verdant valleys, and dense forests, each scene more captivating than the last. The allure of Koloriang extends beyond its natural splendor: It beckons adventurers and seekers of solace to explore its hidden treasure.

Presently, Koloriang's claim to fame as the wettest place on Earth remains in contention With residents urging the Indian

Meteorological department (IMD) to install rain gauges for precise measurements. The prospect of this recognition not only ignites the town's aspirations but also promises to invigorate tourism and stimulate economic growth within the state.

Perched at an elevation of approximately 1,000 meters above sea level, Koloriang enjoys a temperate climate year-round, offering respite from the hustle and bustle of urban life. Its untouched landscapes and pristine beauty have earned it a well-deserved reputation as a hidden gem among travellers seeking offbeat destinations.

Moreover, Koloriang serves as a gateway to a myriad of nearby attractions, each offering a unique glimpse into the region's cultural and natural heritage. Among these destinations, the LuruHugu area in the Kurung Kumey





discovery.

Just a short two-hour drive from Koloriang along the scenic Kololriang to Damin road lies the LuruHugu area, where nature unveils its winter wonderland. Situated at an altitude of over 8,000 feet above sea level, this picturesque stretch spans approximately 12 kilometres, draped in a blanket of pristine snow.

With efforts underway to improve road connectivity between Koloriang and Damin, accessibility to the LuruHugu area has become more convenient, drawing visitors eager to experience the magic of snowfall.

Despite its natural allure, Kurung Kumey district harbours untapped potential in sites in Parsi Parlo, the mesmerizing seven Lakes landscape at Darmu Pass, and the pristine waters of the Kumey River ideal for angling and rafting adventures.

With proper amenities and a concerted effort to showcase the region's natural beauty, Kurung Kumey has the potential to emerge as a coveted destination for travellers seeking authentic experiences amidst untouched landscapes.

As travellers embark on a journey to Koloriang and beyond, they are invited not only to witness the spectacle of snowfall but also to immerse themselves in the rich tapestry of culture, heritage, and natural wonders that define this vibrant corner of Arunachal Pradesh.



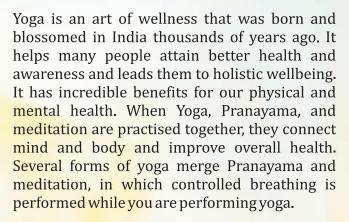
- 1. In a world that often puts pressure on us to be flawless, we are bombarded with images and messages that portray an ideal version of beauty, success, and happiness. Social media platforms are filled with carefully curated highlight reels of people's lives, making it easy to compare ourselves and feel inadequate. However, it is important to recognise that these representations are just that representations. They do not reflect the full reality of someone's life, and they certainly do not define our worth.
- 2. Perfection is an illusion because it implies that there is a standard we must meet to be considered valuable or worthy. The truth is, no one is perfect. We all have flaws, make mistakes, and face challenges. It is through these experiences that we grow, learn, and become more resilient individuals. Embracing our imperfections and being authentic allows us to connect with others on a deeper level, as it shows vulnerability and a willingness to be genuine.
- 3. When we strive for authenticity, we are honest with ourselves about our true feelings and emotions. We do not hide behind a facade or pretend to be someone we are not. This self-awareness and acceptance create a sense of inner peace and contentment that cannot be

- shaken by external judgments or opinions. We become less concerned with meeting societal expectations and more focused on living a life that aligns with our values and brings us joy.
- 4. By letting go of the pursuit of perfection and accepting ourselves as we are, we are able to fully embrace our flaws. Our imperfections make us unique and human. They are a part of our individual story and contribute to our growth and resilience. Rather than viewing them as shortcomings, we can see them as opportunities for growth and self-improvement.
- 5. Living authentically also means treating ourselves with kindness and compassion. We acknowledge that we are doing the best we can with the resources and knowledge we have at any given moment. We let go of self-judgment and embrace self-love. This mind-set allows us to celebrate our successes, no matter how small, and be forgiving of our failures.
- 6. In the end, the pursuit of perfection is a never-ending and exhausting battle. It is far more fulfilling to focus on being true to ourselves, embracing our flaws, and finding beauty in our imperfections. By doing so, we embark on a journey of self-discovery and growth, and we create a life that is authentic, meaningful, and truly fulfilling.

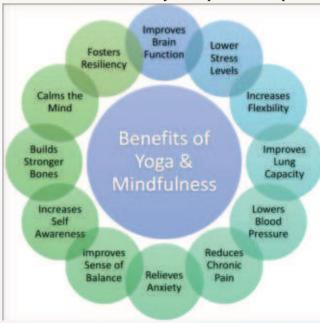


YOGA AND PRANAYAMA

IN OUR LIFE



When we talk about Pranayama, it is translated as an extension of your prana force. It implies the set of breathing techniques in which your breath is altered intentionally to produce specific





Practicing yoga, Pranayama, and meditation has significant health benefits. With so many studies, people have started recognizing the importance of Yoga, Pranayama, and Meditation.

Here are some proven health benefits of practising yoga, Pranayama, and meditation daily

Effective management of stress and anxiety:

When you practice yoga while breathing mindfully, you help reduce stress and anxiety in your body. When we practice yoga and Pranayama, stress-related conditions like high blood pressure and other cardiovascular diseases are reduced. As it cuts, the inflammatory response to stressors reduces. Meditation also calms your nerves, hence a useful component to reduce stress.

It helps in reducing your weight and increases your overall fitness:

Yoga forms like Ashtanga yoga, in which your body moves through a series of yoga poses with synchronization of breath, intense yoga, and very well equipped to burn calories. Most office workers must sit in front of their desktops all day. It reduces muscle mass, makes your muscles tight, and decreases your overall fitness. Most yoga poses focus on stretching muscles that increase the elasticity of muscles and joints, helping them in the long run. Meditation calms the mind and keeps sane from the stress that comes with the process of weight loss.

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Aid in your mental wellbeing:

Practicing Yoga, Meditation, and Pranayam improves concentration and supports emotional well-being. A study shows that people who practice yoga are happier and more positive than those who perform other exercises. Meditation improves the mental state by providing deep relaxation, and it can be practised anywhere: at home or work.

Fight diabetes and other cardiovascular diseases:

Regular yoga and meditation practice can help decrease sugar levels, lower hypertension, and keep weight under control. Daily yoga and Pranayama practice reduces the symptoms of heart disease. Yoga slows down the symptoms of diabetes and reduces the

severity of the complications. Stress is one of the most important reasons for lifestyle disease. Regular yoga and breathing exercises with meditation effectively minimize the tension between the mind and body.

Lead you to better dietary choices and improve your overall health:

When we practice yoga along with meditation, it leads to mindfulness and, hence, better eating habits. People who perform yoga tend to choose healthy diet options over junk food. This increases their wishes to take off their bodies and increase their confidence.

Modern life is stressful, and we have to deal with less sleep, stress, and other anxiety disorders. Yoga improves mind-body coordination and consciousness, while Pranayama improves breath and mind control. Regular meditation practice improves mental health by reducing stress and anxiety. Daily yoga asana with Pranayama and meditation helps individuals become health-conscious and live a holistic life.

"The gift of learning to meditate is the greatest gift you can give yourself in this lifetime."

Corporate Champions Community Catalysts

Balancing Career and Community Service in the Border Roads Organisation Family

Dr.Mohini Tyagi, wife of Assistant Executive Engineer Pushpit Bhargava, has become a beacon of inspiration in the BRO community. Pushpit Bhargava is currently posted in Project Sampark of the Border Roads Organisation in Jammu, a region that demands resilience and commitment. While her husband is dedicated to the vital infrastructure development projects, Dr.Mohini Tyagi equally contributes to the community through her dual roles as an ENT & Head and Neck surgeon and a committed welfare enthusiast.

Professional Excellence

Dr. Mohini Tyagi serves as a Senior Resident in the Government Medical College Jammu. Her journey in the medical field is marked by unwavering dedication and exceptional skill. Specializing in Ear, Nose, and Throat (ENT) and Head & Neck surgery, she has treated countless patients, alleviating their ailments with her expertise and compassionate care. She also played a pivotal role in the team that performed





'Cochlear Implant Surgery' for children at the Government Medical College in Jammu after a hiatus of a decade. She continually seeks ways to leverage her medical knowledge for the benefit of the broader community, extending her impact beyond the confines of the hospital.

A Pillar of Support

The true measure of a healthcare professional often lies in their ability to handle emergencies. Dr.Mohini Tyagi has exemplified this through her unwavering support during medical crises within the Sampark Complex. Her readiness to attend to medical emergencies at any hour highlights her dedication and sense of responsibility. Whether it was a late-night call for assistance or a sudden medical need during off-hours, Dr. Tyagi responded with the same level of expertise and compassion, ensuring that families felt secure and supported.

In the BRO community, where families often face unique challenges due to the demanding nature of the work, having strong support systems is

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crucial. Dr. Mohini Tyagi exemplifies the role of a pillar of support, not just for her immediate family but for the entire BRO community. Her participation in BROWWA activities, coupled with her professional expertise, provides a unique blend of support that is both practical and deeply empathetic.

Community Catalyst

Beyond her professional responsibilities, Dr. Mohini Tyagi plays an indispensable role in the welfare activities conducted by BROWWA. Her involvement in these initiatives demonstrates her commitment to fostering a supportive and empowering environment for other women within the BRO family.

One of the most notable contributions was her recent initiative in organizing a medical and ENT camp for troop's families residing in the Sampark Complex. The camp was a remarkable success, providing essential medical care and raising awareness about ENT health issues among the families of troops. Dr. Mohini Tyagi's efforts ensured that the families received the attention and treatment they needed, significantly improving their quality of life. Her initiative was more than just a medical camp; it was a testament to her dedication to community service and her ability to make a tangible difference in the lives of those around her.

Future Initiatives and Continuing Commitment

Looking ahead, Dr. Tyagi's commitment to the BRO community remains steadfast. She is





planning to extend her medical services by conducting ENT camps for the families of troops in TFs/Units under Project Sampark. These future camps aim to reach even more families, providing essential healthcare services and spreading awareness about ENT health issues. Her vision is to create a network of support where medical care is accessible to all, reinforcing the idea that health and well-being are paramount.

Inspiring Future Generations

Dr. Mohini Tyagi's story is a powerful example of how professional women can make significant contributions beyond their traditional workplaces. Her balance of career excellence and community service not only benefits those around her but also sets a precedent for future generations. She embodies the spirit of the "Corporate Champions Community Catalysts" by showcasing how one can thrive in their profession while being deeply committed to the welfare of their community.

As we celebrate her story in this edition of Kutumb, we honor the spirit of dedication and community service that she represents, reminding us all of the profound impact one individual can make. In the corridors of BRO and beyond, may her legacy continue to illuminate the path towards a brighter, more compassionate future for us.



- 1. For many army families, frequent relocations are a way of life. Each new posting brings the excitement of discovering new places and cultures, but it also presents the challenge of adapting to new environments. Here are some tips to help army wives embrace change and make the most of their new postings.
- 2. Stay Psitive: Embrace the adventure and see each move as an opportunity to explore and grow. A positive mindset can make the transition smoother and more enjoyable.
- 3. Get Involved: Join local clubs, organizations, or AWWA chapters to meet new people and build a support network. Engaging in community activities can help you feel more connected and settled.
- 4. Explore Your Surroundings: Take the time to explore your new area. Visit local attractions, try new restaurants, and immerse yourself in the local culture. This will help you

feel more at home and make the transition easier.

- 5. Maintain Routines: Keeping some routines consistent, such as family traditions or daily rituals, can provide a sense of stability and comfort amidst the changes.
- 6. Stay Connected: Maintain contact with friends and family from previous postings. Their support and understanding can be invaluable during the transition period.
- 7. Seek Support: Don't hesitate to seek support from fellow army wives, counselors, or support groups if you find the transition challenging. Sharing your experiences and feelings can provide relief and guidance.

By embracing change with an open mind and proactive approach, army wives can turn each new posting into a rewarding and enriching experience.

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In a world where we are taught to be selfless and work for the welfare of others, self love can seem selfish or at least this is what we are made to believe by the society. Self love is closely related to self worth or accepting yourself the way you are.

Modern society creates so much pressure on people that it feels easier to focus on our failures instead of our growth. From a very young age we are expected to mould into standards of society be it in terms of excellence, beauty or success. However, the burden of perfectionism becomes suffocating to the extent that we start neglecting our mental as well as physical health. Sadly we do not realise this and continue to live for others.



Self love does not necessarily mean becoming selfish and narcissistic, if just means understanding yourself and your needs to become a happier and better persons. It means recognising your worth and treating yourself with kindness and compassion. It helps in improving one's mental health and becoming more resilient. It can also help in building stronger relationships and gain self confidence and esteem.

The most important relationship you will ever have is the with one yourself. Show the same level of love and kindness to yourself wish you give to others.

"There is no love like your own"



Plants and Trees are nature's most wonderful gifts. They play a vital role in our lives. They come in different colours and shapes.

Plants are inextricably linked to our life, and we are both dependent on one another. Plants supply us with a variety of vegetables, fruits, oxygen, and other things, and we assist them in the removal of carbon dioxide. Plants look most beautiful in a forest or garden. But with little care we can grow them at home too!! They need some love, care, time, sunshine, fresh air, water and a little space.

If plants potted by a person grow well, he or she is said to have a "Green Thumb". Having a green thumb is not difficult at all, just we need to follow some basic rules that all good gardeners use.

Here are a few tips for a healthy and beautiful plant:

- 1. **Soil Preparation -** The best soil is a mixture of mud and manure. We can easily get pre-prepared soil mixes from nurseries. Soil should be loosely packed so that water can easily flow away from the pot. Soil should be free from any type of insects as they might eat up your seeds!
- 2. **Pot Preparation -** An earthen or plastic pot can beused. We can also use any old plastic containers. The pot must have a small hole in the middle of the bottom for the excess water to flow out. When we put in the soil mixture, don't fill the pot right to the brim. At least 1 inch gap must be there. The seeds can be sprinkled on the soil and if sapling is there put it with its own soil.
- 3. **Water -** The amount of water we pour depends on the type of plant as well as the size of the pot. Pouring too much or too little water can be bad for the plant. Water your plant early in the morning and it should be done slowly, so that sun will dry off extra water. Soil should also be checked before pouring water.
- 4. **Sunlight -** After sowing the seeds, keep it in the shade for few days. Once the plant grows a little, bring it into the sunshine. Small plants need less sunlight and early morning sunrays are best for the plant. If the plant needs just few hours of sunshine don't forget to carry it to a shady corner.
- 5. **Care and Love -** Last but not the least, plant also needs love, care and your precious time to grow beautifully. Let's learn about few plants which we can grow easily in our little garden with less effort and time and have lots of medicinal properties:

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- a) **Holy Basil (Tulsi) -** Tulsi leaves are Natural Immunity booster, high in medicinal value. The leaves are chewed to keep away cold and cough. They are also boiled with pepper, cloves, ginger, jaggery to make hot broths. Basil leaves have anti-cancer Properties and is good for heart health.
- b) **Mint (Pudina)** Mint plant is very easy to grow and requires very less care. Mint water, a refreshing healthy beverage, has numerous health benefits. This simple infusion of mint leaves can be enjoyed hot or cold and its easy to prepare at home. Mint water aids in digestion, helps in relieving symptoms of indigestion like gas and bloating.
- c) **Periwinkle (Sadabahar) -** Pretty and colourful, the periwinkle plant is easy to grow. It flowers throughout the year, so you will always have white, pink and orange colour blooms in your garden! This tiny flower is an astringent herb that can be used as a mouth rinse to soothe the pain of canker sores.
- d) **Aloe vera -** Aloe vera can grow indoors and outdoors, but if you're growing it inside, make sure to put it in a spot where it will get plenty of sunlight. You also need to water your aloe vera plant regularly, about once per week or the soil is dry to touch. This medicinal plant has been employed to treat skin problems (burns, wounds, and anti- inflammatory processes). Also, this plant has anticancer, antioxidant, antidiabetic properties.
- e) **Curry leaves (Kadipatta) -** Curry leaves are the leaves of the curry tree, which is native to India and Sri Lanka. Curry leaves are small, glossy, elongated, with a vibrant green colour. They have a unique citrusy and a slightly bitter taste and a fragrant aroma. They are good source of iron, vitamin C and flavonoids. Curry leaves can be easily grown in a pot and are known for their health benefits hair & skin repair, improved digestion, improved insulin sensitivity, detoxification.
- f) **Carom (Ajwain)** Ajwain can be grown from cuttings by taking stems that are few inches in length and removing everything but the top two sets of leaves. Plant ajwain is a popular Indian spice that is also used to flavour food. It is a plant that offers countless medical advantages, works well to treat infections and skin discolouration, and strengthens and conditions hair. It has been used for ages as a traditional treatment for acidity and common cold
- g) **Rosemary -** This fragrant evergreen herb stimulates energy and optimism and sharpens memory and concentration by bringing more oxygen to our brain. You may only one plant in your garden, as a little bit goes a long way. Rosemary combined with other pleasant-smelling oils, may lower cortisol levels and help reduce anxiety. Rosemary oil can aid in hair growth also.
- h) **Calendula -** It grows almost in any type of soil condition. Well, known as a remedy for skin problems, the deep-orange flowered pot marigold variety is applied externally to bites, stings, sprains, wounds, sore eyes, varicose veins. Calendula plant is used to treat fevers and chronic infections. Applying the crushed stems of the pot marigold to corns and warts will soon have them easily removable.
- i) **Lemon Grass -** Lemon grass have innumerable therapeutic and other health benefits. It can be easily grown in any pot. This grass is useful for all types of pain including headaches, abdominal pain, joint pains, muscle pains, stomach ache, muscle cramps, digestive tract spasms. It is also beneficial for nervous and stress-related conditions.
- j) Sage Sage means to heal. This plant is used for indigestion, liver complaints, excessive lactation, anxiety, depression and menopausal problems. Also, sage leaves are used externally for skin infections, insect bites, throat infections, gum problems and mouth infections. Other medicinal plants which we can grow in our little garden are Gotu Kola, Thyme, Lavender, Chamomile, Fenugreek, Lemon Balm, Ashwagandha, Stevia, Bay leaves etc.

Happy Gardening!!



INTRODUCTION

Mobile phone addiction among children is becoming a serious concern. With easy access to games, videos, and apps, young kids can spend too much time on their devices, which can affect their development, health, intellect and social skills.

FEATURES

For their learning, children addicted to mobile phones often have trouble concentrating on homework and school activities. They may prefer playing games or watching videos over doing educational activities. This can lead to lower performance in school and hinder their learning progress.

CAUSE OF MOBILE ADDICTION

Health-wise, too much screen time can cause problems like poor sleep, eye strain, and reduced physical activity. The blue light from screens can disrupt sleep patterns, making it harder for children to get the rest they need. Less physical activity can also affect their overall health and fitness.

Socially, children who spend too much time on mobile phones may face difficulty to interacting with others. They might miss out on playing with friends, talking to family members, and learning important social skills. This can lead to feelings of loneliness and affect their ability to form relationships and destruct psychological balance.

WHAT PARENTS CAN DO

To address this issue, parents and caregivers can encourage healthier habits by setting limits on screen time and promoting other activities. For example, playing outside, reading books, and engaging in creative hobbies can help children develop better habits. It's also helpful to have family rules about phone use, like no phones during meals or before bedtime. Also planning outside visits to Zoo, Museum, Parks etc can also develop analytical skill.

CONCLUSION

By fostering a balanced approach to technology, we can help children avoid the negative impacts of mobile phone addiction and support their growth into healthy, well-rounded individuals.



Our lives are fulfilling when we help, share & nurture. Helping others give us a feeling of internal satisfaction, it gives us a intrinsic reward which is much more valuable than all the materialistic gifts we receive. In short, true humanity means giving joy to others. As Dalai Lama has rightly said "love and compassion are necessities not luxuries without them Humanity cannot service" So here I would like to share one such incident which is etched in my heart forever.

We In Army travel a lot, infact we are the blessed ones who get opportunities to travel to faraway corners of our country. Few years back, we were travelling from Jodhpur to Mhow via Udaipur, Just before entering Udaipur, we saw a crowd gathered at the road side, seeing which we immediately stopped our vehicle and got to our shock, to see two school girls lying injured over the road. One of them was badly injured with serious head injuries and the other was panicked and was crying with the pain. Surely people had gathered, but instead of helping the girls, they were clicking the pictures and posting on social media. Without any further delay with the help of one local person we made the girls sit in our car and took them to the nearest hospital. The doctors over there were so helpful that without wasting time, they started the treatment. One girl with head injury underwent

head surgeries alongwith plaster of fractured arm and leg and second girl was administered first aid.

Next day while leaving for Mhow, we went to the hospital to meet the girls. To our surprise all the classmates of those girls were there and they thanked us. The girl's parents were literally crying while they held our hands. One of the boys among these students even took my husband's autographs and wished to become an Army Officer, one day. We felt so good. Such was an impact of this tiny act of kindness. Later on, we learned that the entire academic year of that girl had got wasted as she was in hospital for four months but the precious life was saved.

The joy of taking care of others at time of need when you know that the other person can't repay you, is immense and the feeling of satisfaction is a total bliss.

Keep reaching out; your, small support might make a huge difference for someone for, we rise by lifting others. Be the reason someone feels loved and believes in the goodness of people. Be the reason someone smiles.

In world, where you can be anything 'BE KIND' for everyone you meet is fighting a battle, you knownothing about.

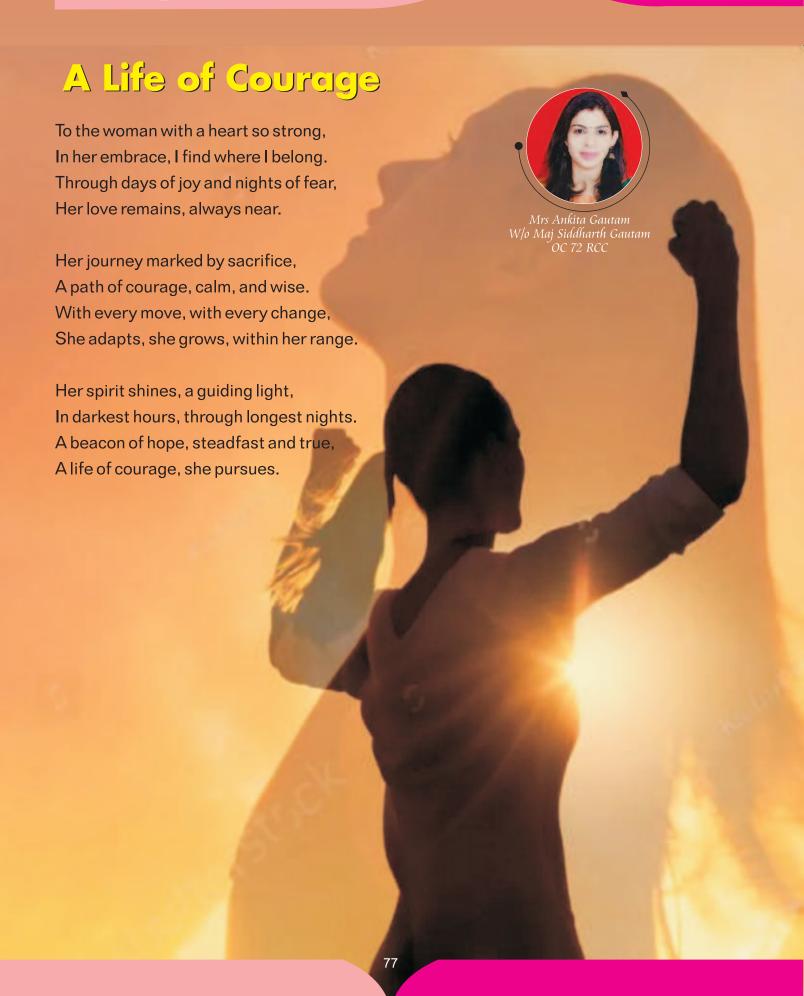




Poetry

- A Life of Courage
- Kutumb A Symphony of Togetherness
- A Tribute to The Border Roads Organisation
- The Exam Journey
- Spring Is Here
- A Daughter's Ode
- Angels Deprived
- Poem On Life
- Himalayan Roads
- Fauji Wives

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STUMB A FAMILY

A Symphony of Togetherness



By Shefali Mishra W/o Col PC Mishra Project Arunank

In the heart of every home, a spark,
A light that glows in the deepest dark,
Kutumb, our family, our guiding star,
A bond unbroken, no matter how far.
Threads of love in a tapestry spun,
Each one unique, yet we weave as one,
From dawn's first light to twilight's fall,
In every heartbeat, we stand tall.
Stories shared and dreams combined,
Through trials and triumphs, spirits aligned,
Hands that nurture, voices that cheer,
In the circle of Kutumb, we conquer fear.

Empowerment blooms where unity stands, Women rise, dreams held in their hands, Together we thrive, together we grow,

In the embrace of Kutumb, our strength we show.

A mosaic of moments, both big and small,

A chorus of laughter that echoes through all, From past to present, to futures untold,

Kutumb, our legacy, forever bold.

So let this cover be a window clear,
Into the world of love and cheer,
Kutumb, a name, a spirit, a song,

Together we flourish, together we belong.

FAUJI WIVES

From different places, you come as an army bride,
You must feel grateful, as you are paired with Nation's pride,
Let's embark on a journey, and follow the traditions Army abide
To help you imbibe Fauji culture, this poem will serve as a guide.
Now your life would be, full of glamour and fame,
Remember to address others, by their husband's surname,
Time to be captured, in regimental photo frame,
Moral support to your soldier should be your first aim.

Fauji wives, journey starts with regimental life,
For each and every occasion, you need to be on time,
Dining in pranks and glass full of wine,
Task could be anything, but you always need to be fine.

You feel so happy, when you set your first home,
With brilliance and creativity, you decorate it will with your spouse,
Now it's the time to give house warming treat,
Drink, dance, dinner, followed by yummy meals.

You will also be involved in monthly family welfare, A platform to groom families, with guidance and care, Another exciting event, is ladies meet, Entertainment, fashion, tambola and sumptuous eats.

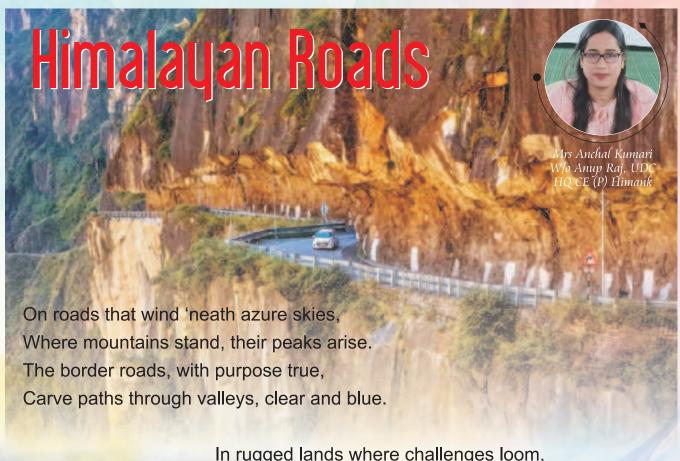
You need to be strong, when your husband goes to field, This is the time when your household gets sealed, Separation from your beloved leaves you with tears, But this is the Fauji rule, Cant's help it my dear.

Your husband's posting signal can anytime come, So please be ready, with your packing material and trunks, Time to depart, to another station, Where you will again make memories, with new friends in that location.

Now you must have come clear, with some Fauji customs and ethics, Glimpses of my experience, sharing with you as tips, I hope this will help you, my young army brides, All the best for now, from my side.



Mrs. KARISHMA KIRAN PAL W/O JE (Civ), RAHUL PAL FIELD LAB (E/S)/ HQ R & D ESTT



In rugged lands where challenges loom,
They weave through valleys, pierce through gloom.
With every turn, a tale unfolds,
Of courage bold, and stories untold.

Through snow-capped peaks and deserts wide,
They stand as guardians, side by side.
Connecting hearts, bridging divides,
Where unity in diversity resides.

These roads of steel, these arteries bold,
Carry the hopes of young and old.
They bind the nation, strong and free,
In their embrace, we find unity.





- **३** कल हो न हो
- खुद को कठिनाईयों से सामना करना
- संघर्ष और समर्पण एक साधारण गृहणी की असाधारण कहानी
- 💥 परिवार का महत्व



भविष्य का अर्थ ही है अनिश्चितता। कल क्या होगा, कोई नहीं जानता, यदि भविष्य अनिश्चित न होता, तो कुछ भी करने का महत्व न होता। ऐसा-ऐसा ही होगा, यदि इस बात की पुष्टि पूर्व में ही हो जाती तो हाहाकार मच जाता, क्योंकि लोग पूर्व निश्चित फल को धारण कर सब कुछ करने को उद्दत हो जाते, यहाँ तक कि निश्चितता पर ही आघात करने लगते हैं। समय का भय मनुष्य को उचित मार्ग की ओर प्रेरित करता है, कल का सवेरा मिल पायेगा अथवा नहीं, इसकी पुष्टि कोई नहीं कर सकता। फिर <mark>ज्ञान–विज्ञान का क्या लाभ। लेकिन ज्ञान का लाभ तब</mark> आवश्यक है, जब यह पूरी तरह समय से समझ में जाये कि वर्तमान काल का सर्वोत्तम उपयोग हो. विज्ञान का लाभ तभी सार्थक है, जब वह समय के सदुपयोग में सहायक सिद्ध हो सके। जो समय आज और अभी हमें निर्भयता प्रदान कर रहा है, हमारा संरक्षण कर रहा है, सबको वरदान दे रहा है- उसको गले लगाकर स्वीकार तो कर ले।

हर क्षण अधिक से अधिक जीने की चाह उसी प्राणी में हो सकती है जो धर्म मार्ग पर अडिग है। अन्यथा एक न एक दिन अवश्य आयेगा, तब जीने की चाह समाप्त हो जायेगी। अच्छा काम, नैतिक कार्य, धर्म—कर्म आज ही पूर्ण कर लिया जाना चाहिये, उन्हें कल पर न टाला जाये। नीति सम्मत सभी विषय बिना समय गवॉये, अभी तुरन्त आरम्भ किया जाना शुभ है। शुभ कार्य के लिये तात्कालिक क्षणों को सुअवसर कहा

जा सकता है। जितना शीघ्र हो सके, शुभ—शुभ कार्य सम्पन्न हो जाने चाहिये। मानव को अपने जीवन का प्रत्येक क्षण का सदुपयोग करना सबसे बड़ा पुण्य है। कोई भी क्षण निरर्थक न जाने पाये। जीवन एक ऐसी परीक्षा की भाँति हैं, जिसका समय निर्धारित नहीं है, इसलिए श्रेष्ठ परीक्षार्थी की भाँति सबसे कम समय में सभी प्रश्नों का हल प्रस्तुत करना अनिवार्य है, अन्यथा समय को व्यर्थ करने से असफलता भली, असफलता से मनुष्य बहुत कुछ सीखता है। इससे लोग यह भी सीखते हैं कि समय को व्यर्थ करने से असफलता मिलती है और समय के सदुपयोग से सफलता मुनिश्चित होती है। समय की भूमिका सर्वोपरि है। इसमें प्रमाद, शिथिलता, आलस्य, उपेक्षा, रूकावट, अतिहीनता तथा दिशाभ्रम का स्थान नहीं है। इस तथ्य को प्रत्येक अपने जीवन में स्वीकार करे।

आज का दायित्व पूरा करने में ही हित है, यह दायित्व क्या है इस बार—बार समझने और जीने की आवश्यकता है। ''कल हो न हो'' इसका कोई भरोसा नहीं। कल होगा या नहीं होगा, अज्ञात है। जीवन एक ऐसा उपहार है, जिसका लाभ पाने के लिये कम से कम सुविधा प्रदान की गई है। विलम्ब होने पर हित तिरोहित हो जाते हैं। अपने कर्तव्यों का निर्वहन यथाशीघ्र हो। कल पर कोई सद्कर्म छोड़ देना बहुत बड़ी भूल मानना चाहिये, ''कल तो धोखा है''। जीवन का स्पंदन आज और अभी में विद्यमान है, कल में कभी नहीं।

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मेरा नाम सीमा देवी है। मैं एक साधाराण परिवार की लडकी हूँ। हमारे परिवार में तीन भाई और मैं अकेली बहन हूँ। 2006 में जब मैं सिलाई सीख रही थी उस समय हमारा गाँव बहुत पिछडा हुआ था। हमारे गाँव में रोड विजली और गाडी की स्विधा नहीं थी। मेरी मॉ का सपना था कि मैं पढाई के साथ कुछ हाथ की कला भी सीखूँ। लेकिन सिलाई सेंटर बहुत दुर था। हमारे गाँव की लडिकयाँ घर से अकेली बाहर नहीं जाती थीं। लेकिन मैने दसवीं की पढाई पूरा करने के बाद मैंने बारहवीं में दाखिला ले लिया। इसी बीच मैंने सिलाई कढाई सीखने का मन बनाया। हमारे गाँव की चार पाँच लडिकयाँ सिलाई सीखने जाने लगीं। सुबह आठ बजे जाना और दोपहर दो बजे आना। इस तरह हमने अपने गाँव वालों की बातें। नजरअन्दाज करते हुए 06 महीने का कोर्स पूरा किया। इसके बाद मैंने 12वीं की पढाई पूरा करके बी.एक में दाखिला ले लिया। उस समय हमारे गॉव की बहुत कम लड़िक्याँ बी.ए. करती थीं।

मैनें दो साल तक मायके से पढाई की इस बीच मेरी शादी बी.आर.ओ. के जवान से हो गई। बाकी की पढाई मैंनें ससुराल से पूरी की। शादी के बाद सिलाई का काम ससुराल में करने लगी लेकिन कुछ दिन बाद हमारे बच्चे हो गए। अब बच्चों के साथ सिलाई का काम मुश्किल लगने लगा। इसलिए मैंने कुछ दिन के लिए



खुद को हुणा वहाडिजाडिणा से सामना करना



श्रीमती सीम यादव पत्नी शैलेन्द्र कुमार यादव मुख्यालय मुख्य अभियन्ता सम्पर्क परियोजना



सिलाई का काम बन्द कर दिया।

अब हमारे बच्चे बढे हो गए हैं और स्कूल भी जाने लगे हैं तो अब मैं अपने घर का सारा काम करते हुए सिलाई का काम भी कर लेती हूं और जब भी वेलफेयर होता है मैं उसमें भाग भी लेती हूं।

हमारे जीवन की कहानी से यह सीख मिलती है कि कठिनाईयाँ चाहे कितनी भी आ जाएँ उससे हमें हार नहीं माननी चाहिए तभी हम आगे बढ सकते हैं।

में चंद्रावती पत्नी श्री हरिगेन प्रसाद सहायक अभियंता (सिविल), आजमगढ़ (उत्तर प्रदेश) के एक गाँव में खेती किसानी वाले परिवार में पली बढी, और परंपरा अनुसार कम उम्र में ही मेरा विवाह हो गया. विवाह तय होने से लेकर विदाई तक गाँव में बहुत हल्ला रहा की मेरा रिश्ता एक सरकारी अफसर से हुआ है, मगर उस सरकारी नौकरी के साथ जो चुनौतियां आयीं वो कुछ कम ना थीं. मेरे पति की बीआरओ में अधिकतर पोस्टिंग ऐसी जगह रहती थी जहाँ परिवार साथ रखना संभव न था. इसीलिए शादी के बाद के कुछ साल ससुराल के गाँव में बीते, और पति साल में एक बार छुट्टियों पर आते, जिसमे भी परिवार का बड़ा बेटा होने के नाते पूरा समय जाने कितनी जिम्मेदारियों को पूरा करने में निकल जाता . पति का साथ और समय मिलना तो जैसे एक सपना ही था बस.



प्रथा उतार सम्पण एक साधारण गृहणी की असाधारण कहानी भूमती चन्द्रावती पत्नी हरिगेन प्रसाद सहायक अभियंता (सिविल) मुख्यालय, मुख्य अभियंता, सम्पर्क परियोजना

शादी के बाद के 5 साल में हमारे तीन बच्चे हो चुके थे. गाँव में पुरे संयुक्त परिवार का, बड़ी बहु के रूप में ख्याल रखने में में इतना व्यस्त रहती थी की मेरे 3 बच्चे कब स्कूल जाने लायक हो गए पता ही ना चला. आखिरकार राजस्थान बॉर्डर, सिक्किम जैसी सुदूर पोस्टिंग के बाद बिहार में एक पोस्टिंग मिली और 3 साल पूरे परिवार को एक छत के नीचे साथ रहने का सौभाग्य मिला. पर नियति को भी हमारी खुशी ज़्यादा दिन ना भायी. 1999 में पति की पोस्टिंग राजौरी में आ गई, जब भारत पाकिस्तान का कारिंगल युद्ध चल रहा था. हालांकि फौजियों की

पित्नयों के डर के सामने मेरा कष्ट कुछ भी न था, फिर भी राजौरी से एक चिट्टी, एक फ़ोन कॉल के लिए दिल हमेशा बेचैन रहता था. बस सकुशल होने की खबर उस समय किसी उपलब्धि से कम नहीं लगती थी.

बिहार में अकेले 3 बच्चों के साथ रहना ठीक नहीं लग रहा था, तब यह तय हुआ की इलाहबाद में नया घर बसाया जाए. एक अकेली औरत अपने गाँव घर से दूर रहे, यह उस समय आम बात नहीं थी. सामाजिक तिरस्कार और रिश्तेदारों के मना करने के

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बावजूद मैं शहर में किराये पर रहने लगी, ताकि बच्चों की पढाई अच्छे से हो सके. विशेष रूप से इसके लिए पति ने बहुत साथ और हिम्मत दी. शहर में अकेले रहने से अब हमारा घर, गाँव के सभी रिश्तेदारों के लिए आते जाते उहरने का बसेरा बन गया था. सभी का सत्कार, घर के सारे काम और बच्चों की देखभाल में खुद की तबियत को इतना नजरअंदाज किया की अब बदलवाने की नौबत आ गई है. पति की अकेली तनख्वाह में हम 5 लोगों का परिवार ही नहीं, बल्कि पुरे संयुक्त परिवार का खर्चा चलता था. 4 देवरों और 3 बच्चों की पढाई, गाँव के घर के सभी खर्चे, और शहर के घर का किराया. पति की तंख्वाह में से मान लीजिये बस एक छोटा सा हिस्सा मिलता था, जिसमें



किसी तरह काम चला लेते थे. वो तो ब्रे कैंटीन का सहारा था की काफी समान सस्ते मे मिल जाता था.

इसी जद्दोजहद में बच्चे बड़े होने लगे, और बड़ी बेटी को दसवी कक्षा में जनपजपवद के लिए कुछ ज़्यादा पैसों की जरूरत पड़ी. फिलहाल उस समय किसी भी तरह पैसे का इंतेजाम नहीं हो पाया. अपनी शादी में, माँ से जेवर के नाम पर बस एक सोने की नथ ही तो मिली थी. उसी को बेच कर पैसे का इंतेजाम किया. सच में उस वक़्त बहुत रोना आया था, पर आज उस फैसले पर गर्व होता है, की ईश्वर ने मुझे इतनी हिम्मत और अक्ल दी की सही निर्णय कर पाई. खुद कम पढ़े लिखे होने के बावजूद भी मेरा बस यही मानना था की अच्छी पढ़ाई ही मेरे बच्चों का भविष्य बना सकती है. तीनों बच्चों को घर के काम से दूर रखा और हमेशा पढ़ाई में मन लगाने को कहती रही. मेरे दोनों बेटे उस समय पढ़ाई को लेकर इतने संजीदा नहीं थे. स्कूल में उनके हाल देख कर घबरा जाती थी, पर धीरे धीरे दोनों खुद से ही अपनी ज़िम्मेदारी समझने लगे और आज मुझे गर्व होता है की मेरे तीनों बच्चों अच्छे मुकाम पर हैं. बच्चों के लिए जो त्याग पहले किया, उस से बढ़ कर आज प्यार वापस मिल रहा है. पैर और कमर दर्द के इलाज के लिए दोनों बेटों ने जाने कहाँ कहाँ मुझे दिखाया है. कभी कभी तो मैं बच्चों की तरह बन जाती हूँ, और वो मेरे माँ—पिता की तरह मेरा खयाल रखते हैं.

कुछ साल पहले जबड़े के नीचे एक ट्यूमर हुआ था मुझे. बेटी ने अपने बलबूते पर चेन्नई में सब इलाज करवाया. उसकी हिम्मत देख फिर पित और बेटों ने भी पूरा साथ दिया और मैं ठीक हो कर घर वापस आ गई. आज अपनी ज़िंदगी को जब पीछे पलट के देखती हूँ तो लगता है की कष्ट और चुनौतियाँ तो बहुत थी, पर भगवान पर भरोसा और उनका आशीर्वाद रहा कि इतना प्यारा परिवार मिला जिसने पूरा साथ और सम्मान दिया।



विज्ञान के क्षेत्र में असीमित प्रगति तथा नये अविष्कारों की स्पर्धा के कारण आज का मानव प्रकृति पर पूर्णतया विजय प्राप्त करना चाहता है। इस कारण प्रकृति का संतुलन बिगड गया है। वैज्ञानिक उपलब्धियों से मानव प्राकृतिक संतुलन को उपेक्षा की कृष्टि से देख रहा है। दूसरी ओर धरती पर जनसंख्या की निरंतर बढोतरी, औधोगीकरण एवं शहरीकरण की तीव्र गति से जहाँ प्रकृति के हरे भरे क्षेत्रों को समाप्त किया जा रहा है।

पर्यावरण संरक्षण का अर्थ— पर्यावरण की गुणवता में सुधार करना, उसकी रक्षा करना और उसे बनाए रखना है।

पर्यावरण संरक्षण के महत्व— पर्यावरण की रक्षा करना आवश्यक है क्योंकि यह मनुष्यों और फसलों के लिए सुरक्षित है और पौधों और जानवरों के लिए सुरक्षित है। कुछ शोधकर्ताओं के अनुसार, पर्यावरण संरक्षण का महत्व उन प्रजातियों की विविधता को संरक्षित करने में मदद करना है जो ग्रह प्रकृति और लोगों के लाभ के लिए साझा करता है।

इसलिए पर्यावरण की रक्षा करना महत्वपूर्ण है क्योंकि पर्यावरणीय गिरावट अपरिवर्तनीय है या सभी जानवरों, मनुष्यों या पौधों के लिए बहुत हानिकारक हो सकती है। सतत जीवन जीने और पर्यावरण को

व्यक्तियों के लिए अधिक सुरक्षित बनाने में मदद करता है। पर्यावरण संरक्षण के महत्व से संबंधित कुछ निम्नलिखित बिन्दु हैं।

- (क) पर्यावरण संरक्षण से वायु, जल और भूमि प्रदूष्ण कम होता है।
- (ख) जैव विविधता की सुरक्षा सुनिश्चित करने के लिए पर्यावरण संरक्षण का बहुत महत्व है।
- (ग) सभी के सतत तिकास के लिए पर्यावरण संरक्षण महत्वपूर्ण है।
- (घ) हमारे ग्रह को ग्लोबल वार्मिंग जैसे हानिकारक प्रभावों से बचाने के लिए पर्यावरण संरक्षण भी महत्वपूर्ण है।

पर्यावरण संरक्षण के प्रकार— पर्यावरण संरक्षण निम्नलिखित प्रकार के हैं।

- (क) वॉटर कंजर्वेशन— जल संरक्षण अनावश्यक जल उपयोग को कम करने के लिए जल का सही तरीके से उपयोग करने की प्रथा है। फेश वॉटर वॉच के अनुसार जल संरक्षण महत्वपूर्ण है क्यांकि ताजा स्वच्छ पानी एक सीमित संसाधन है। पानी हमारे दैनिक जीवन के लिए आवश्यक है।
- (ख) फॉरेस्ट कं जर्वेशन— वन संरक्षण, वन क्षेत्रों में रोपण और रख रखाव करने की प्रथा है। वन संरक्षण

BROWNE

का उदेश्य पेड़ों की प्रजातियों की संरचना और आयु वितरण में त्वरित बदलाव भी है। वन मानव जीवन के लिए महत्वपूर्ण हैं, क्योंकि वे निम्नलिखित प्रकार के संसाधन प्रदान करते हैं।

- (क) वे कार्बन का भंडारण करते हैं और कार्बन सिंक के रूप में कार्य करते हैं।
- (ख) ऑक्सीजन का उत्पादन करते हैं, जो धरती पर जीवन के अस्तित्व के लिए महत्वपूर्ण है, इसलिए उन्हें सही मायने में धरती का फेफडा कहा जाता है।
- (ग) वे जल विज्ञान चक्र को विनियमित करने में मदद करते हैं।
- (घ) ग्रहीय जलवायु, पानी को शुद्ध करना वन्य जीवन आवास प्रदान करना, ग्लोबल वार्मिंग को कम करना, प्रदूषण को कम करना, मिटी का संरक्षण करना, बाढ़ और भूस्खलन जैसे प्राकतिक खतरों को कम करना आदि।
- (ग) वाइल्डलाइफ रिजर्व वाइल्डलाइफ रिजर्व स्वस्थ्य वन्यजीव प्रजातियों या आबादी को बनाए रखने, प्राकृतिक पारिस्थितिक तंत्र को बहाल करने, संरक्षित करने या बढाने के लिए जंगली प्रजातियों और उनके आवासों की रक्षा करने की प्रथा से है।

वाइल्डलाइफ रिजर्व की स्थापना के कई कारण हैं। कुछ कारण निम्नलिखित है।

- (क) जानवरों को हमेशा उनके प्राकृतिक आवास से स्थानांतरित करना काफी कठिन होता है, इसलिए उन्हें उनके प्राकृतिक वातावरण में संरक्षित करना फायदेमंद होता है।
- (ख) वाइल्डलाइफ रिजर्व में जीवविज्ञानी गतिविधियों और शोधों की अनुमति है, ताकि वे वहां रहने वाले जानवरों के बारे में जान सकें।
- (घ) डायवर्सिटी कंजर्वेशन डायवर्सिटी कंजर्वेशन का मतलब वर्तमान और भविष्य की पीढ़ियों के लिए स्थायी लाभ प्राप्त करने के लिए जैव

विविधता की सुरक्षा, उत्थान और प्रबंधन से है। संसाधनों के सतत विकास को प्राप्त करने में जैव विविधता के संरक्षण और प्रबंधन को डायवर्सिटी कंजर्वेशन कहा जाता है। डायवर्सिटी कंजर्वेशन के तीन प्रमुख उदेश्य हैं।

- (क) प्रजातियों की विविधता का संरक्षण।
- (ख) प्रजातियों और पारिस्थितिकी तंत्र की स्थिरता।
- (ग) जीवन—समर्थक और आवश्यक पारिस्थितिक प्रक्रियाओं को बनाए रखना।

पर्यावरण संरक्षण कैसे करे— पर्यावरण की रक्षा करना केवल एक जिम्मेदारी नहीं है, यह एक मौलिक कर्तव्य है जो हमें अपने ग्रह, स्वयं और आने वाली पीढियों के प्रति देना है। हम सभी में बदलाव लाने की शक्ति है और सरल कदम उठाकर हम अपने ग्रह की रक्षा कर सकते है और अपने बच्चों के लिए एक उज्ज्वल भविष्य सुनिश्चित कर सकते हैं।

निम्नलिखित बिन्दुओ पर अमल करके पर्यावरण संरक्षण किया जा सकता है।

- (क) जब भी संभव हो सार्वजनिक परिवहन या पैदल / बाइक का उपयोग करें।
- (ख) एक पेड़ लगाओं और उसकी देखभाल करों।
- (ग) कम से कम एक प्राकृतिक उत्पाद का उपयोग करें।
- (घ) बिजली बचाएं और उर्जा कुशल प्रकाश व्यवस्था का उपयोग करें।
- (च) मांस का सेवन कम करें।
- (छ) सिंगल- यूज प्लास्टिक से बचें।
- (ज) अपने बच्चे को पर्यावरण के बारे मे शिक्षित करें।
- (झ) वनों की कटाई रोकी जानी चाहिए।
- (ट) पर्यावरण संरक्षण का सर्वोत्तम उपाय वन रोपण है।

परिवार का अहत्व

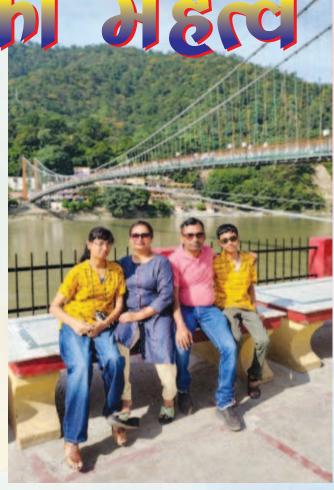


श्रीमती निरूपा लाल पत्नी श्री गेन्दा लाल ई.ई (सिविल) मुख्यालय मुख्य अभियन्ता सम्पर्क परियोजना

अपने वो नहीं होते जो सिर्फ तस्वीरों साथ खडे होते हैं बल्कि अपने वो होते हैं जो तकलीफों में साथ खडे होते हैं।

आईये हम जानते हैं हम अपनों से दूर रह कर भी एक दूसरे से कैसे जुड़े रहते हैं। बी.आर.ओ. में ऐसा है कि हम एक जगह से दूसरे जगह स्थानांतरण होते हैं। तब हम हर समय अपने माता पिता को साथ नहीं रख सकते। हम उनसे दूर रह कर भी पास होने का एहसास दिलाते हैं। हमें अपने बच्चों को भी यह शिक्षा देनी चाहिए कि हम बड़े बुजुर्गों के साथ समय व्यतीत करें। क्योंकि हमें बड़े बुजुर्गों के साथ समय विताने से बहुत कुछ सीखने को मिलता है। अगर हम किसी भी कारण उनसे दूर रह रहें हैं तो क्यों न हम फोन से ही हाल चाल पूछते रहें इससे कि उन्हें और जीने की क्षमता बढ़ती है।

आजकल की पीढी में हम मोबाईल बहुत इस्तेमाल करते हैं पर अपनों से बात करना जरूरी नहीं समझते हैं। परिवार के रूप में ईश्वर का दिया गया उपहार अत्यत महत्वपूर्ण है और इसे कभी भी हल्के में नहीं लेना चाहिए। मेरा परिवार मेरे सबसे बड़े खजानों में से एक है। क्योंकि वे हमेशा अच्छे





और बुरे समय में मेरे साथ रहें हैं। मेरे परिवार के बिना मैं एक खुशहाल जीवन जीने के कल्पना नहीं कर सकती। मैं ईश्वर से प्रार्थना करती हूँ कि वह मेरे परिवार को सभी बुरी नजरों सुरक्षित और खुशहाल रखे।





Hindi Poems

- 🛞 मुझे फिर वही चाय
- 🛞 फुरसत वाली चाहिए
- नारी की अभिलाषा
- मेरे घर के सभी बेटे
- 👺 प्यारे वृक्ष तेरे बिना हम कुछ नहल
- 🛞 प्यारा हिन्दुस्तान
- 🛞 इस संगठन का नाम जब जब आया
- ₩ जिंदगी का सफर
- **₩** संगिनी
- **₩** नारी शक्ति
- ᆶ तू आगे बढ़
- 👺 परीक्षा के दिन
- 🛞 अल्फाज और एहसास
- 賖 तो क्या हुआ?
- **₩** माँ अनमोल है
- 🗱 सीमा सड़क
- 賖 अधूरा गदर

मुझे फिर वही फुरसत वाली चाहिए

न हो जल्दी, न हो देरी हर किसी से हम खुलकर मिले यही तो जीने का सहारा है ऐसी ही जिंदगी – जिंदगी से उधार चाहिए मुझे फिर वही फुरसत वाली चाय चाहिए।

> बैठे वही जहाँ था, दिल न दिमाग वही छत, वही खिड़की, वही मकान वही सुकून वही दर्द, लड़खड़ाती शाम कुछ कहते हुए उन्ही होंठों की जुबा नया नहीं वही पुरानी एक यारी चाहिए मुझे फिर से फुरसत वाली चाय चाहिए।

जिसमे न था राग द्वेष था बस प्यार वही आदर वही सम्मान था बस सत्कार प्यार ही प्यार चाहिए न इनकार चाहिए मुझे बस वही फुरसत वाली चाय चाहिए।

वहीं हल्ला — गुल्ला, किंच — किंच मित्र वहीं बचपन की डाँट व दुलार चाहिए मुझें बस वहीं फुरसत वाली चाय चाहिए।



नारी की अभिलाषा

बहु बनने का शौक नहीं मुझ, क्या बेटी बना पाओगे आप?

यह कहानी नहीं हैं सिर्फ मेरी,

क्या वो हर बहु को बेटी का हक दिला पाओगे आप?

यह खाहिश नहीं हैं मेरी,

यह ख्वाहश नहा ह मरा, सम्मान से रु<mark>बरू करा पाओगे आप?</mark> मेरे पापा कहते है कि,

उनके आँग<mark>न की रोशनी हूँ मैं,</mark>

खुशबु वर्मा पत्नी हवलदार लिपिक जयनारायण वर्मा

मुख्यालय दंतक परियोजना

क्या उस रोशनी का थोड़ा सा उजाला दिखा पाओगे क्या आप?

बहू बनने का शौक नहीं मुझे, क्या बेटी बना पाओगो आप?

एक बार मुझे प्यार से गले लगाकर अपनी अहमियत बताओगे क्या आप?

बहू हूँ आपके घर की मैं, क्या मुझे बेटी बना पाओगे आप? बस इतनी सी खाहिश मेरी, क्या उस खाहिश को पूरा कर पाएंगे आप? बहू बनने का शौक नहीं मुझे, क्या बेटी बना पाओगे आप?

शिक्षा : बेटी के सम्मान बराबर ही हैं बहु का सम्मान, यही हैं भारत की नारी का सम्मान!

BROWNA

हर इक सरहद पे बैठे हैं, मेरे घर के सभी बेटे.. सुरक्षा में हमारी, जो करते, जान न्योछावर.. हमारे प्राण नत—मस्तक, सभी ऐसे सुपूतों के.. जिन्होने हमको हँसकर के, दिया जीने का है अवसर...

मेरे घर के सभी

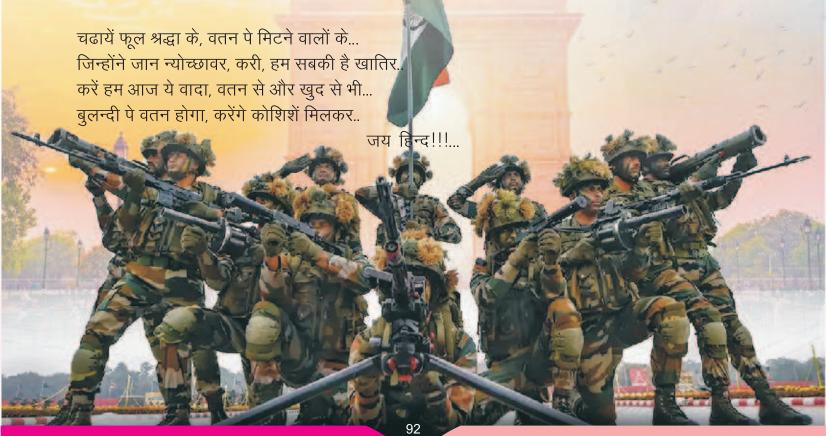
हमारे देश की जो आन है, वो उनके दम से है.. खड़े मुस्तैद जो सीमा पे, गोली से पे खाते... दोस्त तो दोस्त, दुश्मन भी झुका देते हैं सर अपने.. बहादुर वीर योद्दा जब, दिलेरी ऐसी दिखलाते..

सकूँ से आज बैठे हम, करें बातें जहाँ भर की.. उन्हें भी याद हम कर लें, जिन्होंने है शहादत दी.. कटाये खुद ही सर अपने, चढे जो हँस के थे फाँसी.. इसी बलिदान से मिल पाई हमकों, है ये आजादी..



दीपक कार्यालय अधिक्षक ग्रेफ अभिलेख

खड़ा है आज भारत जो, लिये बुलन्द सा सीना, हुये कुर्बान कितने ही, मिटे हैं देश पर अब तक.. करें जो आज हम उनकी, शहादत याद शिद्दत से.. रहे दिल में शहीदों के लिये सबके सदा इज्जत..



प्यार वृक्ष तेरे बिना हम कुछ नहीं

श्रीमती सुनीता बिष्ट एस एल 05222वाई मेजर माधव सिंह की पत्नी

कटते हुए वृक्षों को देख कर, बढ़ते हुए प्रदूषण को देख कर, सोंचू उसका कल कैसा होगा, स्वच्छ हवा कहाँ से लाऐगा।

मेरा बच्चा कैसे जी पाएगा, धुँए मे घुटती साँसों को देखकर, बीमार होते इन्सानों को देखकर, सोंचू उसका कल कैसा होगा, स्वच्छ हवा कहाँ से लाऐगा।

मेरा बच्चा कैसे जी पाऐगा, अंधा-धूंध बढ़ती इमारतों को देखकर, बंजर पडती जमीनों को देखकर. सोंचू उसका कल कैसा होगा, स्वच्छ हवा कहाँ से लाऐगा।

मेरा बच्चा कैसे जी पाऐगा। हरियाली को घटते देखकर. बर्बादियों को बढते देखकर, सोंचू उसका कल कैसा होगा, स्वच्छ हवा कहाँ से लाऐगा, मेरा बच्चा कैसे जी पाएगा।

"आओ सब मिलकर कुछ वृक्ष लगाये, ये संदेश जग में फैलाये, बच्चों का कल बेहतर बनायें, स्वच्छ हवा उनके लिए लायें"।।



प्यारा हिन्दुस्तान

वो मर—मिटने की कसमें, वो घमण्ड से सर का उठाना, और कहना हाँ मैं भारतीय हूँ।



श्रीमती सुनीता बिष्ट एस एल 05222वाई मेजर माधव सिंह की पत्नी

वो लहराते हुए तिरंगे को देखकर, मेजर माधव गर्व से छाती को फूलाना, और उन शहीदों की शाहादत को याद करना, जिनकी आखिरी सांसों में, देश के लिए कुछ कर गुजरने की ललक, वो देश की माटी की भीनी सी खुशबू का महकना।

वो हरे—भरे लहराते हुए खेतों को देखकर, आँखो से खुशी के आँसुओं का छलकना। वो परायों की खुशी नें अपनों की खुशियों को ढुढंना, आज ना जाने वो जज्बा कहाँ गया, कुछ कर गुजरने की ललक ना जाने कहाँ खो गई।

> बस बहुत हुआ अब आओ हम सब भी उन शहीदों को नमन कर, उनके जैसे सच्चे देशभक्त बन जाये। उनके ज्जबातों को अपने अन्दर समेट कर, देश के लिए कुछ कर जाये। और अपना जीवन हे हिन्दुस्तान तुझे अर्पित कर जाऐ।

इस संगठन का नाम जब जब आया



तनय अग्रवाल, कमान अधिकारी अधि. अभि. (सिविल) 62 सडक निर्माण इकाई (ग्रेफ)

इस संगठन का नाम जब जब आया, लोगों के मन में आस वो ऐसी लाया। धरती माँ ने पुकारा जो एक बार, अंधेरे में जाके इसने 'दीपक' जलाया। बात अगर फक्र से ना होती, तो कही ओर भटक चले थे हम। शुरूवात इस संगठन से ना होती, तो कब के टूट गये थे हम।

दूर वादियों में जब सन्नाटा था, हिमालय से भी ना कोई टकराता था। दस्तक दिया इसने उस दरवाजों पें भी, जिनके आंगन सूना पड़ जाता था। बात अगर हिम्मत की ना होती, तो कब के हार गये थे हम। फरियाद इस संगठन से ना होती, तो कब के टूट गये थे हम।

लेके चले हाथों में बारूद और औजार छू के कांटो को इसने, बनाया है फूलों का बाजार। बदल दिया जो रुख हमनें, बहते हुए पानी का। बह चला वो आंखो में, लोगों के ऑसु सा। बात अगर विश्वास की ना होती, तो कब के लौट चले थे हम। सौगात अगर इस संगठन की ना होती, तो कब के टूट गये थे हम।

पगदंडी पे चलते चलते, शीशे सा ऑचल बिछा दिया फंसे जवानों के कारवाँ को, देश के मस्तक पे बिठा लिया। जोड़ दिया नदियों के बहते हुए दो किनारों को काटी थी चट्टान जहां से, था पर्वत का सीना वो। बात अगर इस तिरंगे की ना होती, तो कब के रुठ गये थे हम मुलाकात इस संगठन से ना होती, कब के टूट गये थे हम।

जिंदगी का सफर

सफर में धूप बहुत होगी, तप सको तो चलो, भीड़ तो बहुत होगीं, नई राह बना सको तो चलो।

माना कि मंजिल दूर हैं, एक कदम बढ़ा सको तो चलो, मुश्किल होगा सफर, भरोसा है खुद पर तो चलो।

हर पल हर दिन रंग बदल रही जिंदगी, तुम अपना कोई नया रंग बना सको तो चलो।

राह में साथ नही मिलेगा, अकेले चल सको चलो, जिंदगी में कुछ मीठे लम्हें, चून सको चलो।

महफुज रास्तों की तलाश छोड़ दो, धूप में तप सको तो चलो। छोटी-छोटी खुशियों मे जिंदगी, ढूंढ सको तो चलों।

तुम ढूंढ रहे हों अंधेरों में रोशनी, खुद रोशनी बन सको तो चलों। कहा रोक पायेंगा रास्ता, कोई जूनून बचा है तो चलो।

जला कर खुद को रोशनी फैला सको तो चलो। गम सहकर खुशियाँ, बाँट सको तो चलों।

खुद पर हॅसकर दूसरों को हॅसा सको तो चलो। दूसरो को बदलने की चाह छोड़कर, खुद बदल सको तो चलो। धन्यवाद!



मुख्यालय अनुसंधान एवं विकास संस्थान (सी.स. स.))

सांगिनी

घर की मान, पिता की लाडो, लक्ष्मी की वरदान हूँ। सौम्य और संयमित, यही मेरी पहचान है।

> कर्तव्यनिष्ठ हूँ हर कार्य की, मितव्यायी में बन जाती हूँ। मन की बातें कागजों पर बिखरी, कवियत्री में हो जाती हूँ।

सुर से सधी, निशानों में बंधी, अचूक निशाने लगाती हूँ।

> पहचान हमारी खत्म कहाँ, रंगो की डिबिया पन्नों पर, गिरा चित्रकारी मैं कर जाती हूँ।

यही से वैभव बना के अपनी, सामाजिक प्रतिष्ठा पाती हूँ।

> खुश किस्मत वो मेरे अपने, जिनकी परछाई मैं बन जाती हूँ, क्षीर सागर के अनन्त से सोचो—संजोग से बनी संगिनी ही कहलाती हूँ।।



श्रीमती नीतू कुमारी पत्नी पवन कुमार कोइरी मुख्यालय मुख्य अभियन्ता सम्पर्क परियोजना

BROWNA

तू आगे बढ़

न समझ खुद को तू कमजोर कभी, ताकत है तुझ में जगदम्बा सी, हौसला अपना बुलन्द रख, तू आगे बढ़ तू आगे बढ़।

> न समझ तू खुद को अबला सी, नारी है तू आजकल की, दहाड जरा शेरनी सी रख, तू आगे बढ़, तू आगे बढ़।

न सहम तू जुल्मों सं कभी, तूम है मशाल कोध की, जालिमों को भरम बनाकर रख, तू आगे बढ़ तू आगे बढ़।

> न समझ खुद को तू निर्बल कभी, मिसाल बनना है तुझे हिम्मत की, साहस की लौ जला कर रख, तू आगे बढ़ तू आगे बढ़।



श्रीमती सविता पत्नी मोहित कीर (वरिष्ठ लेखा परीक्षक) मुख्यालय मुख्य अभियन्ता सम्पर्क परियोजना

REPOSIT VELICIES

अल्फाज़ नहीं जज्बात लिखना चाहती हूँ ख्याल नहीं सच्चे हालात लिखना चाहती हूँ मुझे आईना तक नहीं चाहिए मगर तू पास आ तो सहीं, आँखों में देख तेरी हर बात लिखना चाहती हूँ।

अपनी कुछ कहानी अल्फाज़ों में दर्ज करना चाहती हूँ मैं ज़िन्दगी में कुछ रंग स्याहीं से भरना चाहती हूँ कुछ अनकही सी मै बात लिखना चाहती हूँ यूँ तो कई बादे थे तुम्हारे, म्रगर उनमें से मै अधूरी मुलाकात लिखना चाहती हूँ।

सुबह की ठंड में, मै परिंदों की उड़ान लिखना चाहती हूँ कुछ मजबूत इरादों के लिए, मै मुसीबत में मुस्कान लिखना चाहती हूँ यूँ तो तुम्हारे बिना जिन्दगी अधूरी हैं, मगर तेरे बिना मैं अपनी पहचान लिखना चाहती हूँ।

दोपहर की कड़ी धूप में, पेड़ों की शीतल छाओं लिखना चाहती हूँ जो तम आँखों से बया करते हो, वो मै लफ्ज़ों में लिखना चाहती हूँ यूँ तो दुआओं में मागा था तुम्हें, मगर अब कदमों से कदम मिलाकर चलना चाहती हूँ।

कई सवाल खडे किये जमाने ने हमपर, मैं उसके कुछ जवाब लिखना चाहती हूँ चाहतों के नीचे खडे हो कर, मैं अपने कुछ ख्वाब लिखना चाहती हूँ



यूँ तो सब समझते हैं गलत मुझे, मगर मैं ना किसी के लिए, कुछ गलत लिखना चाहती हूँ।

कुछ चांदनी रातों में, मैं खुद के कुछ अल्फाज़ लिखना चाहती हूँ अनसुनी सी बातों का, मै कुछ जोरदार आवाज लिखना चाहती हूँ यूँ तो सब लिखते हैं, मगर मैं अपना अलग अंदाज़ लिखना चाहती हूँ।

अध्यागुर

सत्तावन में मंगल पांडे, मेरठ से ललकार उठा। डलहौजी की हड़प नीति से, झांसी भी चित्कार उठा।

उधर पेशवा नाना ने भी, मन ही मन यह ठान लिया। बूढ़े जफर की अगुवाई में। भारत देश जवान हुआ।।

अजीमुल्ला और कुंवर सिंह पर, नशा जवानी छाया था। चुन चुनकर अंग्रेजों को, मौत के घाट लगाया था।

चली दुधारी तात्या की जब, तेग तबर तलवार चले। ब्रिटिश लड़ाके जान बचाके, जंग छोड़ कर भाग चले।।

अंग्रेजों की व्यूह नीति भी, काम न उनके आ पायी। जंग छोड़ कर भाग चले ।। अंग्रेजों की व्यूह नीति भी, काम न उनके आ पायी। जंग छिड़ी जब सेनाओं में, ब्रिटिश फौज मुंह की खायी।।

रणक्षेत्र में ब्रिटिश लड़ाके, पीठ दिखाकर भाग चले। किया मनोरथ सबने मिलकर, जफर हिन्द सुल्तान बने।।

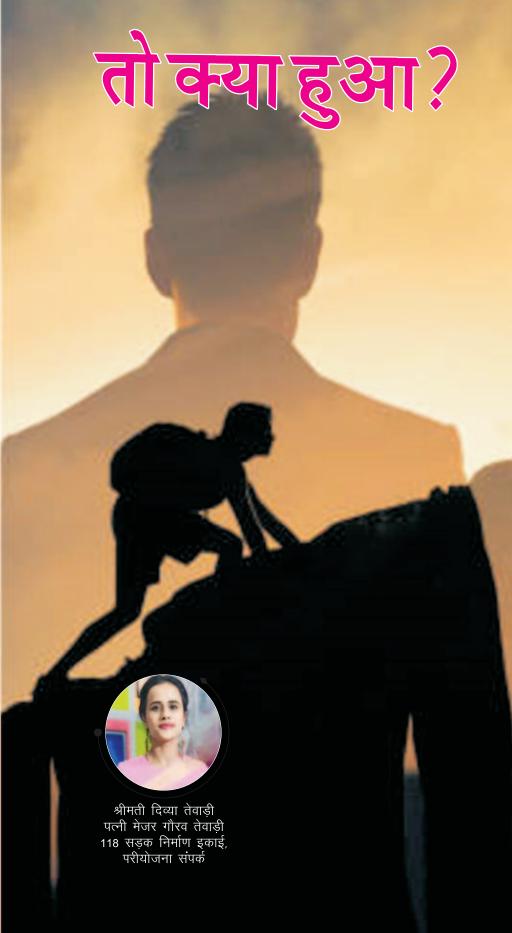
कोई युक्ति काम आए ना, फूट का लिया सहारा तब। हिंदू मुस्लिम भेद डालकर, जंग से लिया किनारा तब।।

देशी रजवाड़ों ने मिलकर, कोई कसर नहीं छोड़ी। क्षणिक लाभ की खातिर, अपनी अस्मत से होली खेली।

सैतालीस में आजाद हुआ जो, सत्तावन में ही हो जाता। लिखने की नौबत न आती, मुझे अधूरी गौरव गाथा।।



रोमा यादव पत्नी सुनील कुमार यादव कनि.अनु.अधि. मु. ४८ सी.स.कृ.बल कविता



तो क्या हुआ मंजिल में अवरोध पड़ गये। तो क्या हुआ कुछ मोती आँख से झड़ गये। तो क्या हुआ दुनिया करेगी आलोचना। तों क्या हुआ दर्द सीने में जड़ गये। तो क्या हुआ आशियाँ समेटना पड़ गया। तों क्या हुआ आज तू जमीन पर पसर् गया। तो क्या हुआ अंधेरे से तू घिर गया। तो क्या हुआ आज का सवैरा ढ़ल गया। तो क्या हुआ अब कदम बढ़ते ही नहीं। तों क्या हुआ तू है सहम सा गया। सुन! तेरा वक्त लायेगा तू ही अब। में हूँ न पिछे, हौसलों को नई उडान देगा तू अब। ये धरती, ये गगन हैं देखते तूझे। चल उन् संघर्श करेगा तू अब। ज्वाला एक गई जला आँखों में तेरी। तुफान को झंकझोर दें, है दम सांसों में वो अभी। पसीने की हर बूंद से वादा ये कर लें तू अब मंजिल से पहले ना थकेगा, ना रुकेगा तू अब। तों क्या हुआ कि आज तू विफल हुआ। मिट्टी को रोंदें बिना घड़ा बन न सका है कब ?



- Pasta Macaroni Kheer
- Famous Cuisines of Arunachal Pradesh
- ★ Thukpa Receipe
- 🛞 मिलेट्स मिठाई स्वादिष्टता का नया अनुभव
- 簇 मुरमुरा बर्फी
- 🛞 पनीर की बर्फी



6 Serving:-

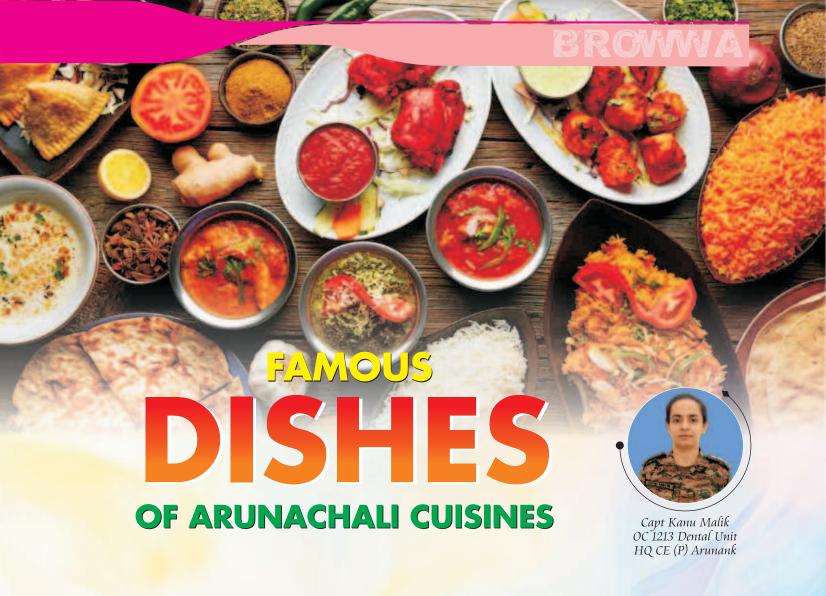
- · 200 gm pasta macaroni
- · 2 Cup Sugar
- · 1 liter Milk
- · 2 tablespoon Ghee

For Garnishing;

- · 1 Handful Chopped Cashers
- · 10 gm raisins
- · ½ teaspoon powdered green Cardamom
- 1. To Prepare this mouth-watering desert, the first thing to do is boil the

macaroni in a pan. Once done, drain the water and keep it aside.

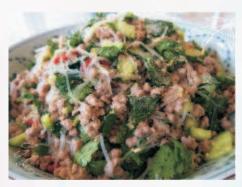
- 2. In another pan, roast the raising and Cashew in some ghee. Keep this aside as well.
- 3. Add milk in a deep-bottomed pan, bring it a boil and add the macaroni to it, cook pan. Sometime and then add sugar. Continue cooking while stirring in between.
- 4. Once the milk has thickened, put the roosted cashews and raisins in the pan and sprinkle some cardamom powder, mix nicely and serve.



Chura Sabzi

Arunachal Pradesh's signature dishes is a curry known as Chura Sabzi. This dish's main components are aged cheese and a pinch chilli flakes. The fermented cheese is made from either Yak or cow's milk. Chura Sabzi and hot, fluffy rice is a classic pairing. The spicy peppers in this meal will leave your tongue feeling tingly long after you've finished eating. If you want spicy food, you should try Chura Sabzi, a traditional dish from Arunachal Pradesh.





Wungwut Ngam

Chicken cooked in rice powder is known as Wungwut Ngam. This delicious dish is made by washing rice, roasting it, and then grinding it into a fine powder. After being steamed or boiled, the chicken pieces are marinated in a mixture of rice powder and traditional herbs and spices. If you like chicken, you have to try this meal from Arunachal Pradesh, which is similar to others but with a slight twist.

BROWNE

Apong

The traditional alcoholic beverage known as Apong has strong roots in the culture of Arunachal Pradesh. Throughout the history, Apong has played an important role in the rituals and ceremonies of numerous indigenous people. Traditional rites and customs, especially agricultural festivals and religious celebrations, includes the use of Apong whis is symbolic of the close connection between the people and nature.



Zan

The locals often fill up on Zan, a type of traditional porridge or gruel. Many families rely on this millet- or rice-based dish as a mainstay, particularly during celebrations and holidays. Vegetables, meat, and chutneys are common additions to Zan, which help to diversify the dish's flavour profile and increase its satiety. It is significant culturally and is highly valued for its soothing and nourishing properties.



Pika Pila

Fermented bamboo shoots are the key ingredient in the delicious chutney known as Pika Pila. It is a condiment with a tangy and spicy flavour that enhances the overall taste of food. The bamboo shoots used to make this one-of-a-kind and flavourful chutney is steeped in water before being fermented with spices.



THUKPA RECEIPE

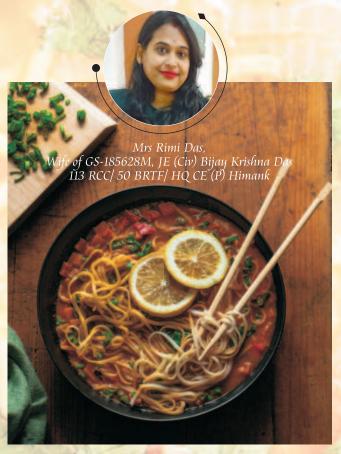
Thukpa is a hearty Traditional Tibetan noodle soup. It is also popular in various Himalayan regions, including Nepal, Bhutan, and parts of India like Sikkim and Ladakh.

The dish typically consists of wheat or rice noodles served in a flavorful broth with vegetables, paneer, meat, and sometimes tofu or eggs. The broth is seasoned with aromatic spices like garlic, ginger, and occasionally chili peppers, giving it a rich and savory flavour.

Overall, thukpa is a beloved comfort food that provides warmth, nourishment, and satisfaction to those who enjoy it, whether as a quick street food snack or a leisurely homemade meal. Basic homemade recipe style of Thukpa with its ingredients is given, which can be tried at home.

Ingredients:

- 200 gm noodles (you can use any type, such as egg noodles or rice noodles)
- 1 onion, thinly sliced
- 2 cloves garlic, minced
- 1-inch piece of ginger, grated
- 2 carrots, julienned
- 1 bell pepper, thinly sliced
- 1 cup cabbage, thinly sliced
- 100gm mushrooms, sliced
- 200gm tofu or cooked chicken, shredded (optional)
- 4 cups vegetable or chicken broth
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- Sa<mark>lt and pepper to ta</mark>ste
- Chopped green onions and cilantro for garnish
- Chili flakes or hot sauce for serving (optional)



Instructions:

- 1. Cook the noodles according to package instructions. Drain and set aside.
- 2. In a large pot, heat some oil over medium heat. Add the onion, garlic, and ginger, and sauté until fragrant, about 2 minutes.
- 3. Add the carrots, bell pepper, cabbage, and mushrooms to the pot. Cook for another 5 minutes until the vegetables are slightly softened.
- 4. Pour in the broth and bring to a simmer. If using tofu or cooked chicken, add it to the pot now.
- 5. Stir in the soy sauce and sesame oil. Season with salt and pepper to taste.
- 6. Add the cooked noodles to the pot and stir to combine. Let simmer for a few minutes to allow the flavors to meld together.
- 7. Serve hot, garnished with chopped green onions and cilantro. You can also add chili flakes or hot sauce for extra heat, if desired.

मिलेट्स मिठाई

स्वादिष्टता का नया अनुभव



सजनी गौतम पत्नी प्रवर श्रेणी लिपिक मुकेश कुमार गौतम

मिलेट्स, जैसे कि बाजरा, जौ, और रागी, भारतीय खाने की प्रमुख परंपराओं में से एक है। ये अनाज विविधित का यहां हिस्सा है और इसे स्वास्थ्यवर्धक खाध्य के रूप में माना जाता है। लेकिन क्या अपने कभी मिलेट्स से बनी मिठाइयों का स्वाद चखा है? यदि नहीं, तो आइए जाने कुछ स्वादिष्ट मिलेट्स मिठाइयों के बारे मे।

बाजार के लड्डू :--

बाजरे के आटे को भून कर घी और गुड के साथ मिलाकर गोल लड्डू बनाए। इन्हे शक्कर से सजाकर परोसे।



जौ की कुकीज :--

जो के आटे को हल्की आग मे भून कर देशी घी, चीनी, काजू को अच्छी तरह से मिलाकर डो बनाए और बेकिंग ट्रे में डालकर ओवन में रख दे इसके बाद आपकी स्वादिष्ट जो की कुकीज बन कर तैयार हो जाएगी।



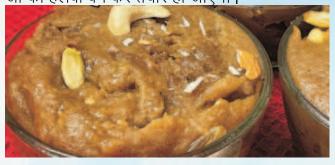
रागी के लडू:-

रागी के आटे को हल्की आग में भून कर गुंड और गाय का घी मिलकर लड्डू बनाए। इन्हें थोड़ी देर के लिए सेंधा नमक के साथ खोपरे के टुकुड़ों से रोल करे। इसके बाद आपकी स्वादिष्ट रागी के लड्डू बन कर तैयार हो जाएंगे।



जौ का हलवा :--

जो के आटे को हल्की आग मे भुने और फिर दूध के साथ पकाएं जिसके बाद उसमे ड्राई फ्रूट्स और चीनी को अच्छी तरह से मिला दे इसके बाद आपका गरमा गरम जौ का हलवा बन कर तैयार हो जाएगा।



मिलेट्स के साथ मिठाई बनाना एक नया अनुभव होता है और इसमें स्वास्थ्य का भी ध्यान रखा जाता है। इन मिठाइयों को बनाने में आपको न केवल स्वादिष्ठता का अनुभव होगा, बल्कि आपको शारीरिक और मानसिक स्वास्थ्य के लिए भी फायदेमंद होगा। इसलिए, अब आप भी मिलेट्स से बनी मिठाइयों का आनंद लें और स्वस्थ रहे।



श्रीमती कविता मेन पत्नी गोपाल मेन (कनिश्ठ अभियन्ता) मुख्यालय मुख्य अभियन्ता सम्पर्क परियोजना

सामग्री

- 1. मुरमुरे 2 कटोरी
- 2. चीनी आधा कटोरी
- इलायची पाउडर 1 चम्मच
- मावा 150 ग्राम
- 5. फुशमलाई 2 चम्मच
- 6. सूखामेंवा—सजावट के लिए (काजू, बादाम, पिस्ताऔर केसर)



बनाने की विधि

सबसे पहले दो कटोरी मुरमुरे को छानकर लिजिए। फिर मिक्सर जार में डाल कर उसका फाईन पाउडर तैयार करना ळें और उसी मिक्सर जार में चीनी और इलायची को पीस लेना है। फिर उसमें मावा और मलाई मिक्स करना है। फिर उसका एक डो बनाना है। फिर आपको जा आकार देना हो उस आकार में आप उसे कट कर सकते हो। फिर उसके उपर ड्राय फुट्स से गार्निसंग करना है।

पनीर की बर्फी

सामग्री :--

पनीर – 250 ग्राम

2 दूध — 1 कप

4 मिल्क पावडर — 2 चम्मच

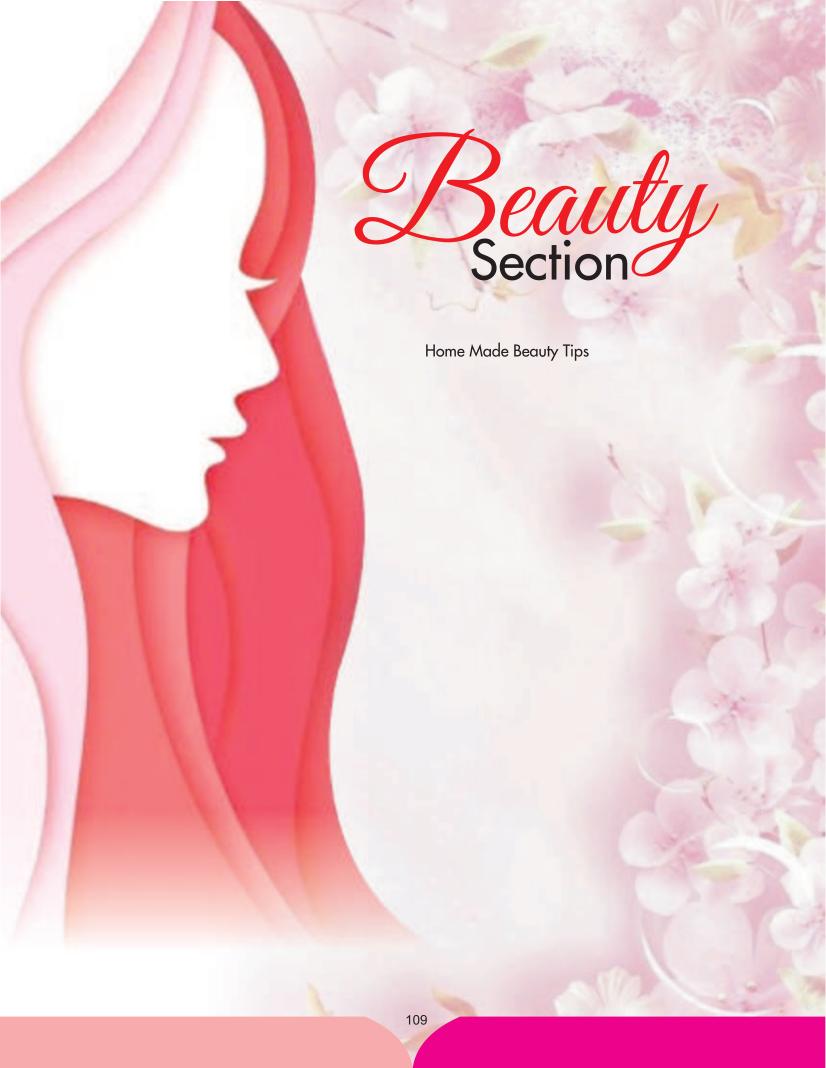
5 विलायती पावंडर — 1 छोटा चम्मच

6 काजु, बदाम, पिस्ता — 2 चम्मव

बनाने की विधि:— सबसे पहले पनीर को कदू कस करके कढाई में पनीर, मिल्क पाव छर और दूध डालकर अच्छी तरह से मिक्स करके कढाई को गैस पर रखना हैं। यह मिश्रण गाढ़ा होने के बाद उसमें



चीनी और विलायती पावडर मिक्स करना हैं। इस मिश्रण को बर्फी की ट्रे में सेट करने के लिए रखना हें और उपर से ड्रायफूट डालना हैं।





Name – Mala Das W/o Shri Krishanandu Das, Sr Auditor ACDA (P) Udayak HQ CE (P) Udayak

Protein rich homemade budget friendly shampoo as simple as 3 ingredients

1. Beasan - 4Tbsp

2. Curd - 2 Tbsp

3 Water as required

Give all three a good mix and apply over your scalp and hair, cover it with shower cap for natural steam and wash after half an hour....

Have a soft, lustrous, baby like hairs in no time almost

Have a good hair day.... enjoyyy

Note:- You don't need to use market bought shampoo as your scalp and hairs will be all clean...butif you feel like using it you can

BEAUTY TIPS

Beauty tips for girls of every age:-

- . Treat your skin with raw milk.
- . Use Alevera Gel.
- . Besan and Honey pack
- . Rice face mask
- . Banana face pack
- . Chilled tea bags to depuff under eyes
- . Cleanse carefully
- . Use a face toner

Beauty tips for girls of every age

त्वचा को हेल्थी बनाने की एक छोटी से कोशिश ये टिप्स आपको अच्छे और सवस्थ त्वचा के मैक उप मे मदद करेंगे।

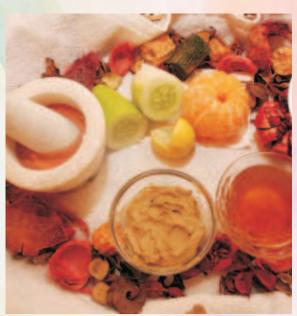
- Treat your skin with raw milk
- Use Alevera Gel
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- Cleanse carefully
- Use a face toner



ृमीरा नरले पत्नी नरले राजेन्द्र (वाहन चालक ग्रेड–2) मुख्यालय मुख्य अभियंता उदयक परियोजना

HOME MADE BEAUTY TIPS

- 1. Lip Balm: ½ cup water, 1 Rose petals, Red Food Colour, 1 Spoon honey, 1 Spoon Vaseline, 1 Spoon Coconut oil and mixed all product freeze for 2 hours and reay to rose lips balm.
- 2. Eyebrow and Eyelashes Growth: 2 Almond ko gas per jalana aur pisna, 1 spoon coconut oil, 1 spoon olive oil, 1 spoon curler oil, 1 vitamin E capsule mixed to all product and apply to over night.
- 3. Hairfall Solution: 1 Spoon Fenugreek seeds, 1 spoon Nigella, 1 onion peel, 1 pan me pani 2 glass aur sare mishran ko add karene ke bad 1 boil aane per 1 spoon tea add karna aur thanda hone per balo me hair wash karne ke 30 minute pahle lagana.
- 4. Remove Body Tanning: 1 Spoon honey, 1 spoon Termaric ½ spoon coffe powder, ½ Lemon, 1 spoon curd all material mix and apply four time in a week



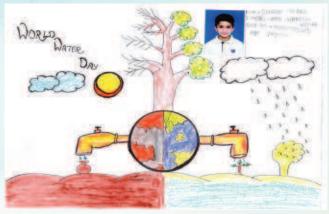
5. Natural Hair Home Made Dye: - 2-3 Onion peel, 10 Almonds dono ko tave per kala hone per tak bhune aur 1 spoon ghee milaye and 2 spoon coconut oil and Hair homemade bye is ready.



Crective

- Sparsh Maral
- Vinita Kumara
- Aray Kumar
- Sriansh Kumar Das
- Sachit Kumar Yaday
- Priyadarshani Pradhan
- Siddarth Singh
- Kumara Pallawi Singh
- Samreedhi Sudhir Kakade
- Vinayak A
- Asad Raja
- Sachit Kumar Yadav
- Sriansh Kumar Das
- Mayank Gautam
- Shivani Kumari
- Priyanshi Tiwari
- Pukhraj Chhipa
- Benisha Sarkar

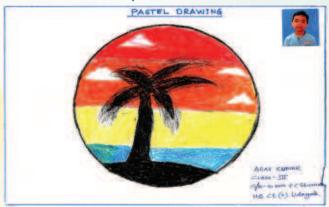
Drawing/Sketches



Sparsh Maral



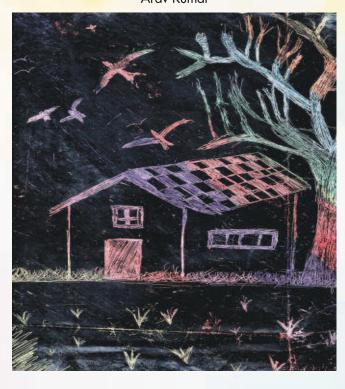
Vinita Kumari

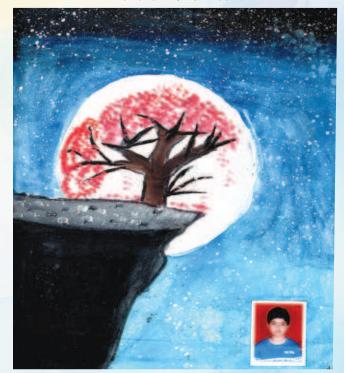


Arav Kumar



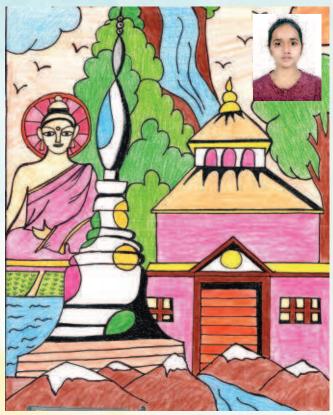
Sriansh Kumar Das





Sachit Kumar Yadav

BROWNA



Priyadarshani Pradhan



Samreedhi Sudhir Kakade



Asad Raja



Siddarth Singh



Kumari Pallawi Singh



Vinayak A



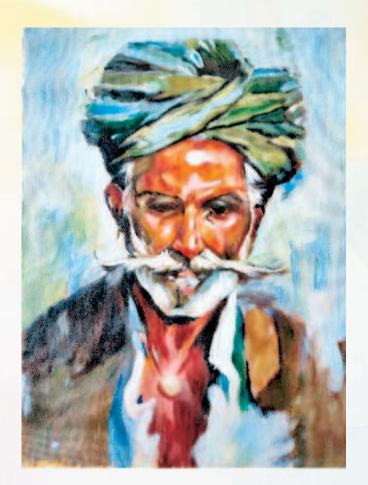


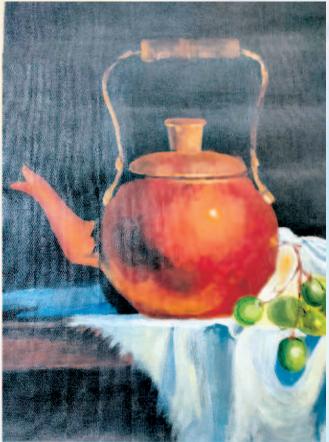


Sachit Kumar Yadav

Sriansh Kumar Das

Mayank Gautam





Mrs. Divya Aggarwal





SAVITRIBAI PHULE

EDUCATION AND SOCIAL REFORM PIONEER

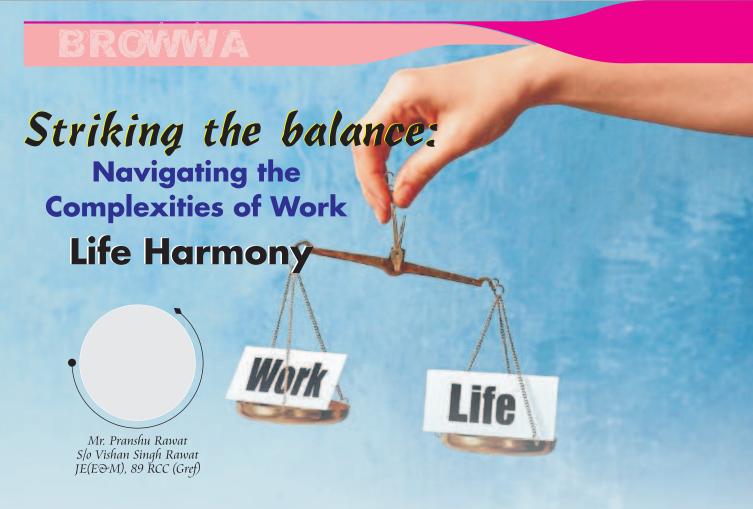
avitribai Phule was the first female teacher of India, she was also known as the revolutionary feminist icon. Savitribai Phule was born on January 3 1831 in the village of Naigon in Satra district in Maharshtra state. She was born in a farmer family.

At the age of 9 Savitribai Phule married Jyotiba Phule. At that time Jyotiba Phule was only 12 years old. Seeing Savitribai Phule's passion for education Jyotiba Phule educated Savitribai Phule educated Savitribai Phule. When women did not have the right to education, Savitribai Phule educated the women of the society and gave them their rights.

On 1stof January 1848, she started the first school for girls with the help of Jyotiba Phule. She continued her social work without fear of opposition from society. Savitribai Phule was also a great poetess. She has written famous poems like "Bavanaskhi". Savitribai Phule also helped

Riddhi Marathe D/o- Nb Sub Yogesh Marathe 56 RCC

widows by giving them shelter and education. She believed education was key to improving lives. Savitribai Phule's thoughts inspire women in today's society. Many girls school in India are named after Savitribai Phule. She is worshipped on every government office and school and her work is glorified.



In our modern, hyper-connected world, achieving a harmonious balance b/w our professional and personal lives has become increasingly challenging. The demands of work often spills over into our precious moments of Liesure, leaving feeling stretched thin and struggling find equilibrium. Yet, amidst the hustle and bustle of $\hat{a} \in \varphi$ daily life finding a sense of balance is not only for possible but essential for our overall well-being "fulfilment."

In this cuticle, we will embark on a journey to explore a the art of maintaining a healthy work life blade a delicate b/w professional aspirations & personal priorities. We will delve into a serves of strategies designed to help you reclaim control over your time, set boundaries that honor you your needs, and cultivate a lit that Is both productive and deeply fulfilling.

From setting clear boundaries and prioritizing tasks to practicing mind fulness and embracing self-care. Each strategy offers a pathway towards greater balance and harmony in our

lives. Through reflection, intentionality and a willingness to adapt. We can chart a course towards a more sustainable way of living- one that honors our professional ambitions without sacrificing the richness and joy of our personal relationships and passions.

Join us as we embark on this journey towards greater balance, where the pursuit of success is tempered by a commitment to self-care and the guest for productivity is balanced by a reverence for downtime and connection.

Let's developer into each of the strategies for maintaining a healthy work life balance.

1. Learn to Say No

Don't overcommit yourself by saying yes to every request that comes your way. Be selective about the projects and commitments you take on and don't be afraid to decline opportunities that don't align with your priorities.

BROWNA

2. Communicate Effectively.

Clearly communicate your boundaries and needs to your colleagues, supervisors and loved ones, Let them know when you're available and when you need uninterrupted time for personal or family activities.

3. Invest in Self-Care.

Prioritize self-care activities that nourish your mind, body and soul. This could include exercise, healthy eating, getting enough sleep or engaging in activities that bring you joy and relaxation.

4. Set Realistic Expectations.

Be realistic about what you can accomplish in a day and don't strive for perfection, set achievable goals and celebrate your successes, no matter how small.

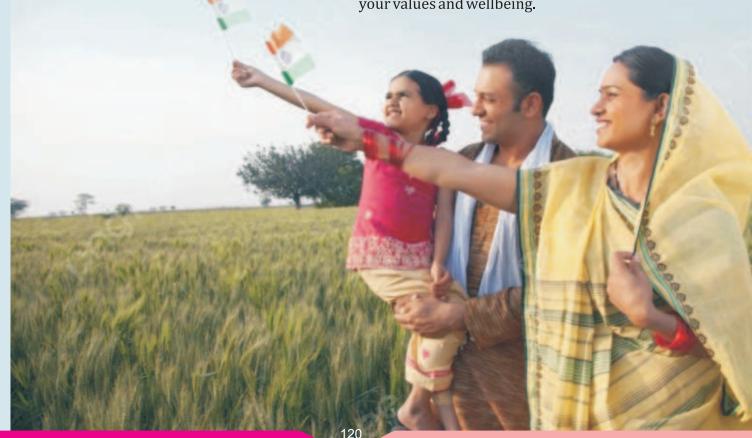
5. Seek Support.

Don't hesitate to reach out for support when you need it whether it's leaning on your support network of friends and family or seeking professional help, know that you don't have to navigate the challenges of maintaining work-life balance alone.

6. Reflect and Adjust.

Regularly assess your work-life balance and make adjustment as needed. Be willing to adapt your strategies based on changing circumstances & priorities.

In conclusion, achieving a healthy work-life balance is on on-going journey that requires intention, effort and self-consciousness. By setting boundaries prior thing tasks and practicing self-care you can create a more fulfilling life where both your personal and professional aspirations can thrive. Remember, finding balance is not about perfection, but rather making conscious choices that align with your values and wellbeing.



7he Lost Zey

Last summer, during our annual family reunion, something peculiar happened that we still laugh about. We had gathered at my grandparents' old farmhouse, a place filled with memories and, apparently, secrets.

One lazy afternoon, we decided to have a picnic by the lake. My uncle, always the responsible one, volunteered to lock up the house. As we packed our baskets, he carefully placed the house key in his pocket, patting it to ensure its safety.

After a delightful picnic, we returned to find the front door locked tight. My uncle reached into his pocket, only to discover the key was missing. Panic ensued. We searched every inch of the picnic area, but the key was nowhere to be found.

As the sun set, we were about to give up when my little cousin Lucy, barely five, tugged at my uncle's shirt. "Is this what you're looking for?" she asked, holding up the key. We stared in disbelief.

"Where did you find it?" my uncle asked, bewildered.

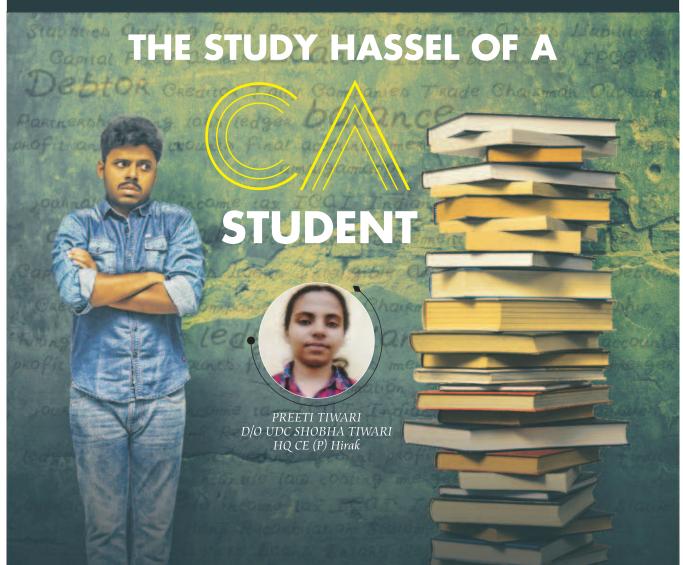
Anushka Mishra D/o L N Mishra, EE (Civ) OC 95 RCC (GREF)

"In my shoe," she replied nonchalantly. "I found it on the ground and thought it was a treasure."

We all burst into laughter, relief washing over us. It turned out that during our picnic, the key had somehow slipped out and Lucy, with her keen eye for "treasures," had picked it up without realizing its importance.

That evening, as we finally entered the house, we couldn't stop chuckling about Lucy's unexpected discovery. It's now a family legend, reminding us that sometimes the smallest detectives solve the biggest mysteries.

BROWNA



Choosing CA as a career is both challenging & rewarding for CA student, the experience is marked by rigorous academic demand & extensive practical training. It is a course that requires at least 4-5 years of thorough study. Although, it is not a competitive course, but is still considered one of one toughest exam in India.

The study experience begins with an in-depth understanding of accounting principles, taxation, auditing, financial management & business/corporate law.

The theoretical knowledge is important, but equally important is its practical training, which is achieved through article ship, a mandatory internship under practicing CA. The first level is foundation formally known as (PT), which has 4 exams & is the easiest & entry level exam. The next level is intermediate which has 6 exams, & is quite hard to clear, although it is divided in two groups. The last level is CA final, the toughest to clear, because till CA-final a student has to manage studies as well as work commitments. The emotional journey of a CA student is characterized by perseverance & resilience.

S HERE

I waited for it all these times,
To hear those sweet melodies from chimes.
Do you get what i mean?
Oh! I love those flowers sheen!!

Yes! Spring is here,
While i sit out, it sways my hair.
I feel so much light,
While the sun out there is bright.

Well, it's not winter anymore,
And a lot of humidity by the shore.
I don't, now need a shawl,
Out come the worms as they crawl.

I never want this season to end.

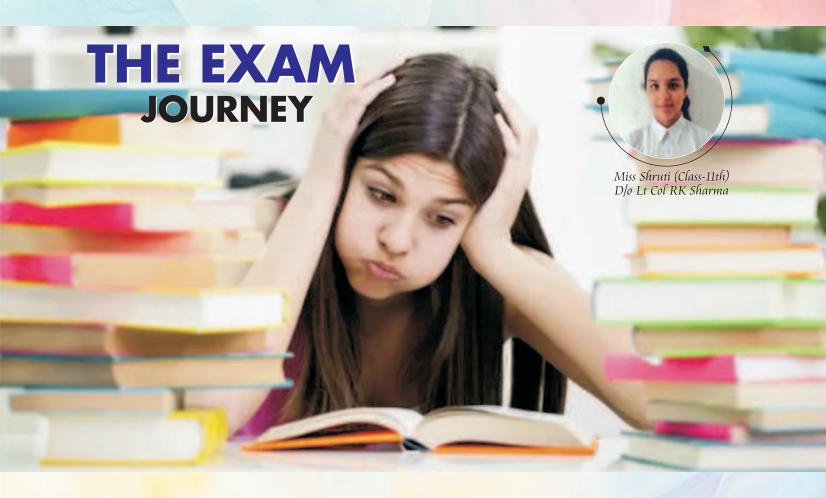
If not, i can at least pretend.

Every plant is lush green,

Oh autumn! I'm not being mean.

Birds chirp on the branches as they swing, Hey finally/ it's spring. It's getting warmer day by day, Shoo the children out to play.

Those flowers leave on me a magical spell, Along with their delightful smell.



Here comes the time of anxiety For the witty,

It is the time of pity, With pens as sword we barely fight,

With sleepless nights & anxious plights, The witty needs to be quick & apply some tricks,

Some get sick while a few may flick, Somehow we grind & sharpen our mind,

However, it is hard to find, A peaceful & a pleasant mind,

After being adults & living like cult, Now they enter the world of results, Again, it is the time of anxiety for the witty, It is the time of witty,

It is the time of pity, With rumours & lies we barely fight,

And finally, we get our result on the site, For someone it feels to fly,

But others those who are left behind feel to cry, But he needs to understand,

That the failures are the only demands, For the success to stand

A DAUGHTER'S ODE

In the uniform's embrace, a silent guide, My father marches with honour and pride. In his discipline, a beacon bright, Teaching me strength to face each fight.

> Through his service, a lesson learnt, Choices and dreams, to them I've turned. With unwavering support, he stands beside,

Nurturing my spirit, as dreams collide.

Beside him stands my mother dear,
Her wisdom shining, crystal clear.
Though a housewife, she's much more,
Life's skills she imparts, a boundless store.

In gentle touch, I find solace deep, A confidante, in secrets to keep. Her love unspoken, yet ever true, In her embrace, a lifelong brew.

Together, they weave a tapestry rare, In their love's embrace, I find my air. A family bound by ties unseen, In their presence, I find my serene.



Miss Seetini Bala Chandrika D/o MSW PNR Satyanarayana Seetini 1079 Fd Wksp (GREF)



Miss Janhvi Ahuja D/o Brig Jaswinder Singh CEP (P) Dantak

ANGELS DEPRIVED

She was an angel come to life
With wings shining bright,
Beauty in her smile
Magic in her eyes empowering us all,

To stand up against this crime.

Where men were paid more and women were deprived.

They killed them from inside.

Told them they were precious, their heart was made of gold.

Told them they were special and needed to be home,

Never leave those four walls that were capturing their souls.

They killed them from inside.

Now, inhumane was kind.

Well what did she know, she was now a use and throw.

Woman abuse was a family show, where men ran the circus and the women;

Mere Puppets.

The goddess, once again came to light but this time with teary eyes and a smile not so nice.

She did what she could to fight back.

But was defeated in the war.

The war for women to get what they want.

The truth has now come out with no place for it to hide.

POEM ON LIFE

In the dance of dawn's first light, life unfolds, a tapestry of tales, both young and old. through fleeting moments, joys and strife, it weaves a melody, the symphony of life.

In infancy's embrace, innocence blooms, with laughter pure, dispelling gloom. each step a discovery, every sight anew, In the tender embrace of love, life's debut.

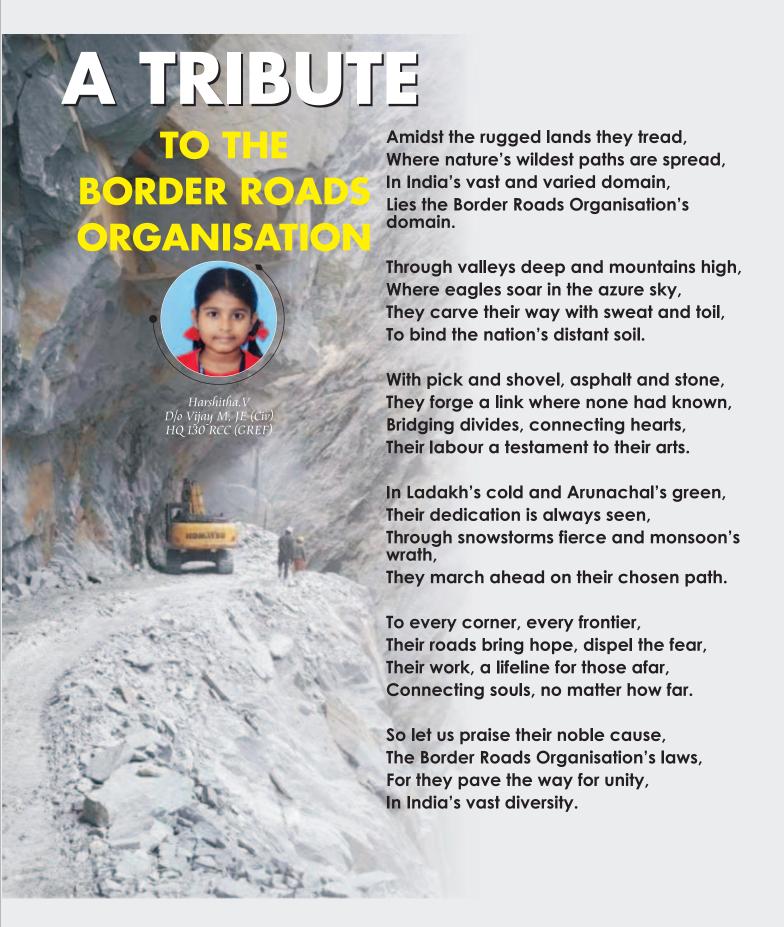
Youth's fervent fire, a quest untamed, dreams like stars, igniting, unclaimed. with boundless energy, they paint the skies, chasing shadows, where passion lies.

But shadows fall' as dusk draws near, and whispers of time, grow ever clear. in twilight's hues, reflections start, of roads traveled, and the human heart.

Through trail and tribulations, we find our way, gaining wisdom, in the light of day. for life is a journey, both wild and free, a symphony of moments, for all to see.

So let us dance to life's sweet song, embracing every note, both weak and strong. for in its melody, we find our voice, in the timeless rhythm, we rejoice.







मां केवल एक बोली नहीं, दुअओं का एक साया है, बिना मां का कोई जन्म नहीं, मां ही जीवन की शुरूआत है। मां की मोहम्बत की कोई मिसाल नहीं, मां के पैरों तले स्वर्ग है। अपने अरमान, अपनी खुशियाँ भूल कर माँ हम में दुनिया बसाती है, मां रूपी नाव पर सवार होकर जिन्दगी की कश्ती हम चलाते हैं। रेंगते, डगमगाते, हाथ पकडकर हमें मॉ चलना सिखाती है। संसार में संघर्ष से लड़ना हमें माँ ही सिखलाती है। थक जाती हैं पर मूंह से उफ तक ना निकालती है। सदा ध्यान वह सभी का रखती है। डरते बच्चे रोते बच्चे मॉ को ही बस पूकारते है । बच्चों को कष्ट होने पर मॉ के ही आंसू निकलते है। बच्चों के हर सुख में हर आनन्द में, सदा वही चहकती है। गिनती मॉ का यदि नहीं आती तो. मांगने पर ज्यादा देती है। मां भले ही खुद भूखी रहे, पेट सभी का भरवाती है। माँ है ममता का खजाना, रिश्तों को संजोए रखती है। बच्चों पर जब संकट आए तो मौत से भी लड जाती है। मां का सदा सम्मान करो, जीवन के हर मोड पर, माँ ने दी है शीतल छाया सर्वस्व न्योछावर हम पर किया माँ के आंचल में ही सवर्ग दिखलाता है। तो हमारा भी फर्ज बनता है सम्मान उन्हें देने का।



राधिका साक्षी गौतम पुत्री प्रवर श्रेणी लिपिक मुकेश कुमार गौतम 1208 दन्त इकाई (ग्रेफ) मुख्यालय उदयक परियोजना

नारी शक्ति

माँ बनकर ममता की बौछार लगती है, पत्नी बनकर सुख-दुख मे साथ निभाती है।

बहन बनकर कितना स्नेह लुटाती है, बहु बनकर सास-ससुर की सेवा करती है।

हर रूप में लगती प्यारी है, वो एक नारी है, वो एक नारी है।

कहने को तो वो है बहुत महान नारी है नर की खान।

फिर भी मिलता नहीं उसको उसका उचित स्थान।

आओ हम सब मिलकर नारी का सम्मान करें।

उस पर गर्व करे अभिमान करें, उस पर गर्व करे अभिमान करें।

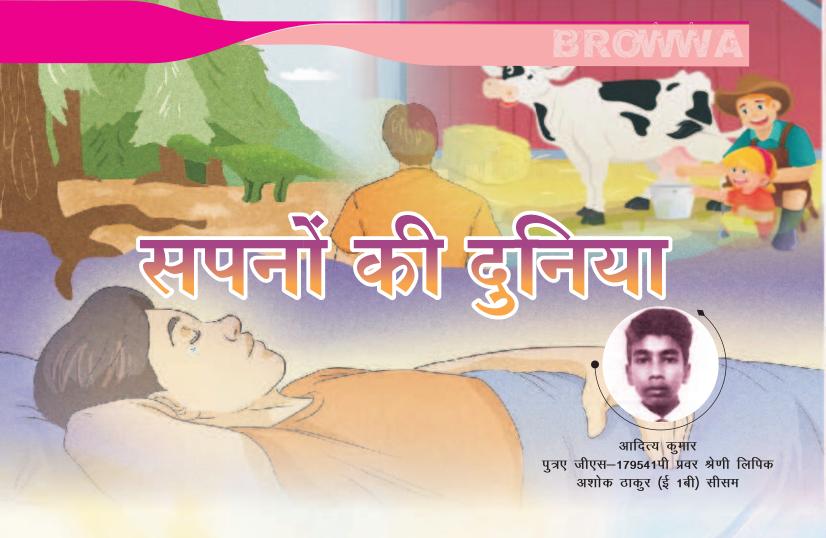


डॉ आदित्या आर पिल्ले पुत्री राधाकृष्णन पिल्ले उपकरण मैकेनिक 1086 क्षेत्रीय कार्यशाला (ग्रेफ)

ये दुकिया कहती है कि हम सड़क बकाते हैं,
हमने तो सड़क बकाते बकाते देष को एक कया रूप दिलाया हैं।
हमने देष को एक कया राह दिखाया है,
राह में आते गए हर मुसीबतों को इंसानियत से सामना किया हैं,
हमने तो राजस्थान के रेगिस्तान से लेकर
कष्मीर की पहाड़ियों तक दोस्तियां निभाई है।
हमने देष को एक नया राह दिखाया है,
देष की सीमा में रहकर सीमित नही रहें,
हमने तो दुष्मनों को भी सही राह चलना सिखाया हैं।
हमने देष को एक नया राह दिखाया है,
जिन्दगी की आधी उम्र कट गई इस सीमा में,
लेकिन एक कटी नहीं वो जज्बात इस सीमा से।
हमने देष को एक नया राह दिखाया हैं,

स्वास्तिक हो या पुरुपक, चेतक हो या दंतक, जुड़ी रही ये हमसे इस पल से उस पल तक, हमने तो सड़क बनाते- बनाते देष को एक नया रूप दिलाया हैं, हमने देष को एक नया राह दिखाया हैं।





आज के दुनिया में लोग काम कम करते हैं और सपनों के पहाड़ ज्यादा बनाते हैं और फैशन भी सबसे ज्यादा करते हैं और सोचते—2 उन्हें रात को अच्छी तरह से नींद नहीं आती, क्योंकि कभी सपनों की दुनिया में खो जाते। सोचते हैं कि काश मुझे बहुत सारा धन प्राप्त हो जाता और मैं भी रातो—रात अमीर बन जाता, मेरे पास गाड़ी होती, नौकर होता, कभी सोचते हैं कि मैं भी मंत्री बन जाता तो मेरे पास भी पत्रकार आते बहुत से आदमी मिलने के लिए आते, कभी तो अधिकारी बनने की बात सोचते।

इसी तरह एक रघु नाम का एक बहुत ही गरीब व्यक्ति एक गांव में रहता था। उसके पास रहने के लिए अच्छा घर नहीं था, न कपड़े थे, ना ही धन दौलत, दिन भर भीख मांगने का काम करता था। कभी तो उसको भीख में अनाज तो कभी पैसा, कपड़ा इत्यादि मिल जाता था, लेकिन सबसे ज्यादा उसको भीख में आटा मिलता था और रघु ने आटे को इक्कटा करके और उसे धोती में बाँध कर अपने कमरे में, जहाँ पर वह सोता था ठीक उसके उपर बाँधकर टांग दिया और जब भी आटा भीख में मिलता था उसी में डाल देता था।

रघु रात को सोते समय सपना सजाया करता था। एक दिन रोज की भाँती, रघु रात में लेटे—2 सपना सजा रहा था कि आधा आटे को बिक्री करूंगा और उसी पैसा से शादी करूंगा और आधा आटे को बिक्री करके गाय खरीदूंगा गाय दूध देगी और मेरा बच्चा पियेगा। जब मैं गाय का दूध निकालूंगा तो मेरा बेटा दौड़े—2 आएगा और हमसे बोलेगा, पापा मैं भी दूध निकालूंगा मुझे भी सिखा दो, ऐसा सोचते हुए रघु ने बार—2 आटे की थैली पर पैर मार रहा था कि अचानक आटे की थैली फटकर रघु के सिर पर आ गिरा और रघु आटे की थैली से दब गया तथा आटा भी चारो तरफ बिखर गया। न रघु की शादी हुई और ना ही गाय खरीदा।

अतः दुनिया में ज्यादा सपना सजाने से पहले अपने काम को मन से करें ताकि सपना भी अपना होगा और जीवन भी अपना हो आगे तो ऊपरवाला है।





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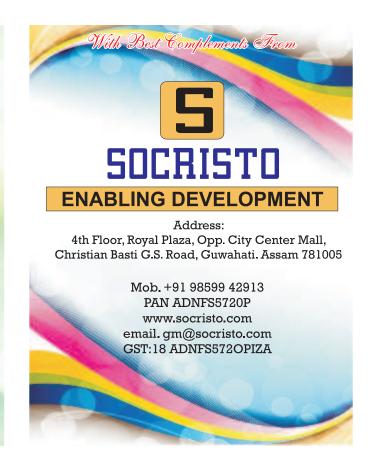
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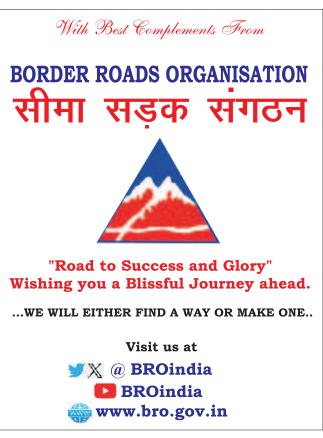
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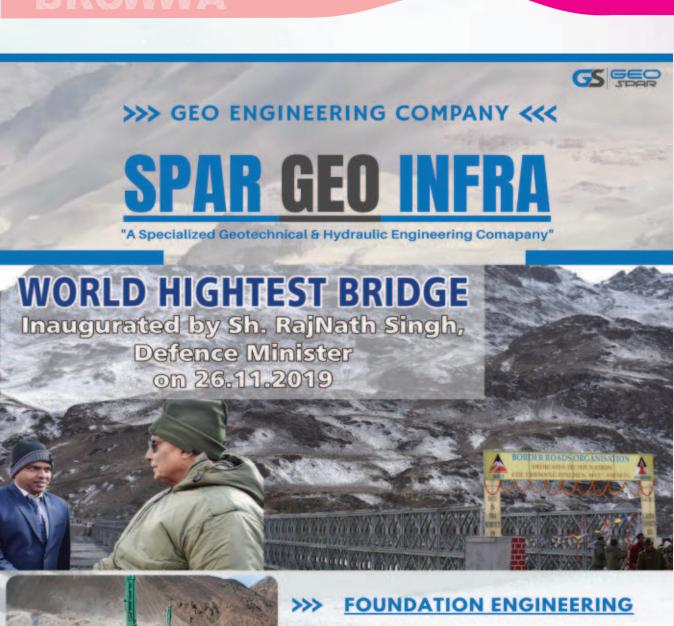
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