

# PAHAL



*E-MAGAZINE BY  
RCWA SRINAGAR  
Second Edition*



## MESSAGE



Let me start by complimenting the editorial team for choosing such an appropriate name for the e- magazine of RCWA -"PAHAL" which means initiative. RCWA can certainly claim credit for initiatives in various welfare related activities.

Next I come to the sheer effort put in by our members in putting together this magazine which is in sync with the current environment friendly trend of paperless reporting.

The content of this magazine offers an overview of the efforts made by the FWC in various parts of the country to add colour and convenience to the campus life of CRPF personnel and their families. Hope it strengthens the camaraderie among the ranks and cooperation among their families.

Wish this PAHAL to go from strength to strength! Jai Hind!

**SMT. SMITA SINDHU**  
**PRESIDENT**  
**RCWA J&K ZONE**



## MESSAGE



At the outset, I take this opportunity to thank senior lady wives for the constant encouragement and support extended to us which ensured continuity of various welfare related initiatives taken at Srinagar RCWA.

Srinagar sector CRPF is one of the biggest and sensitive sectors in CRPF. The general situation in Srinagar is generally tense and despite this non conducive environment, the lady wives are coming forward and are enthusiastic in keeping the show running. Though a lot of RCWA activities were initiated and a lot is required in future, I hope the lady wives take part in the events in larger numbers.

I am thankful to the team at Srinagar and look forward to more such initiatives being taken in the coming days which will contribute to the overall welfare of the force.

Presenting to you, the second edition of Srinagar RCWA's e-magazine - PAHAL

**Dr. ABHA SAXENA**  
**VICE PRESIDENT**  
**RCWA SRINAGAR**

# RCWA SRINAGAR



**Smt. Smita Sindhu**  
Head, RCWA, J&K Zone



**Dr. Abha Saxena**  
Vice President  
RCWA Srinagar



**Smt. Ranjana Sharma**  
Head-Montessori School



**Smt. Vindra Bhuria**  
Hon. Secretary



**Smt. Smitha Pauly**  
Hon. Treasurer



**Smt. Kamal**  
Member I  
Montessori School



**Smt. Pratibha**  
Member II  
Montessori School

# **MILESTONES OF RCWA SRINAGAR IN THE LAST YEAR**



**Inauguration of tailoring centre and computer lab.**



**Installation of POS machine at CWA shop.**



**Installation of CCTV camera at CWA shop and vegetable shop.**



**Inauguration of beauty parlour.**



**Inauguration of cosmetics shop.**



**Inauguration of wheat and masala chakki machine.**



**Revision of school fee structure and school uniform.**



**Various health events and awareness programmes.**



**Vocational training / skill development courses.**



**RCWA mela at RTC IV and participation in J&K Police mela.**



## VISIT OF PRESIDENT CWA TO RCWA SRINAGAR



Dr. Manu Bhatnagar, President, CRPF Family Welfare Association visited our RCWA, Srinagar in the month of august 2017 .She was accompanied by Smt. Pratima Shrivastava President, RCWA, J&K Zone and Smt. Bharti Vaid, w/o DG J&K Police.

# INAUGURATION OF TAILORING CENTRE AND COMPUTER LAB



# KASHIR MONTESSORI SCHOOL ANNUAL DAY CELEBRATION



Annual Day function was celebrated in Kashir Montessori School.  
Smt Pratima Shrivastava, President, RCWA, J&K zone  
presided over the function as chief guest.

# GLIMPSES FROM NATIONAL NUTRITION WEEK 2017



Families were briefed about the importance of healthier nutrition among children, Nutritional deficiencies & immunization status of children were also checked.

# WORLD BREAST FEEDING WEEK

The ladies were briefed on the importance of exclusive breast feeding for a period of six months.



## HEALTHY BABY SHOW



Hygiene, developmental milestones & immunization status of the children were checked and deworming tablet were given.

# TEACHER'S AND CHILDREN'S DAY CELEBRATIONS



Picnic was organised for kids on children's day and teachers were felicitated on Teacher's Day in presence of Smt. Ranjana Sharma, Head, Montessori school.

# CWA MELA AT RTC IV, SRINAGAR



A mela was organized by RCWA on 29/09/2017 at RTC IV. This mela was inaugurated by Pratima Shrivastava, President, RCWA,J&K Zone. All the Srinagar based units participated in this mela with their food and game stalls. Colourful cultural programme were there to entertain the families.

# CWA STALL IN J&K POLICE MELA HELD IN BAKSHI STADIUM



## GLIMPSES FROM LIFESTYLE MANAGEMENT EVENT.



Lecture on importance of maintaining of healthy lifestyle, diet and daily exercise was given by Dr. Mina Navin Kumar, CMO (OG). Four days of intensive yoga training programme was organised exclusively for the ladies in presence of Mrs. Vibha Singh, W/O. Principal, RTC IV Srinagar.

## MEDICAL CHECK UP CAMP.



Organised by RCWA, free medicines were distributed among the families and the children. Door to door survey was also carried out.

# BETI BACHAO BETI PADHAO YOJANA



Save girl child was the motto of this programme organised by RCWA. On that occasion, facets of career counselling and Sukanya Samridhi Yojana were explained to the ladies by Smt. Madhulika, Role of vitamins & minerals in our food were explained by Dr. Mina Navin Kumar, CMO. Beauty tips were given by Mrs. Seema Kesari.

# INAUGURATION AND STHAPANA PUJA



Glimpses from the inauguration of Beauty Parlour, Cosmetics Shop,  
Sthapana Puja of Wheat/Masala Chakki by Dr. Abha Saxena, Vice  
President, RCWA, Srinagar

## GLIMPSES FROM FELICITATION FUNCTION



## GLIMPSES FROM VARIOUS WORKSHOPS



# WORLD DIABETES DAY



Awareness presentation on diabetes was given by the medical team. Importance of physical activity was briefed and blood sugar levels were tested.

# WORLD AIDS DAY



On this occasion, a lecture was given by Dr. Nighat Khan, GDMO, GC, SNR. A documentary on aids was shown to the families for awareness.

# IMMUNIZATION PROGRAMME

Pulse polio and Indradhanush immunization programme was organised for children below five years.



# WORLD GERIATRIC DAY



World Geriatric Day was celebrated ,a free health check-up was given to senior citizens. Families of martyrs were felicitated on this occasion.

# WORLD CANCER DAY

Lectures on cancer awareness, its early detection and guidelines on how prevent it were given to the families on 4<sup>th</sup> Feb 2018.



Breast cancer screening camp organized in FWC on 20<sup>th</sup> March 2018 and breast screening was conducted by Dr. Pushpa Rao CMO (SG). A lecture on importance of savings was given by LIC employee Miss. Tasleema.

## VISIT OF SMT. SMITA SINDHU, PRESIDENT, RCWA ,SRINAGAR.



Smt. Smita Sindhu, President, Regional CRPF Welfare Association, J&K Zone visited Srinagar. This was her first visit to RCWA Srinagar. Smt Smita Sindhu visited Montessori school, beauty parlour, computer centre and cwa shop. She was accompanied by Mrs. Vibha Singh, W/O, Principal, RTC IV, Srinagar and Dr. Abha Saxena, Vice President, RCWA, J&K Zone. She inaugurated Atta chakki machine and Masala Grinder which was a long standing requirement of the families residing in RTC camp. Atta chakki machine and spices grinder would serve as an asset for families of CRPF jawans.

# WOMEN'S DAY CELEBRATIONS



Smt. Smita Sindhu, President, RCWA, J&K Zone presided over women's day celebration of srinagar. A colourful and vibrant cultural programme was organised, in which state wise music and dance were presented by lady wives and other members of R CWA to highlight the cultural heritage and diversity of our nation. Speaking on the occasion, Smt. Smita Sindhu praised work of RCWA Srinagar and the participants of Women's Day for their efforts and enthusiasm showed by them. She also distributed certificates of appreciation to the participants of women's day.

# MEDICAL CHECK UP AT MONTESSORI SCHOOL



Montessori students were given a class on the topic hygiene and sanitation. Gifts were distributed to the kids by Dr. Gisha Manmadan.

# WORLD TB, KIDNEY AND HEALTH DAY



World TB Day was observed on 24<sup>th</sup> March 2018. Jawans were briefed on rising instances of tuberculosis in general and drug resistant TB in particular.

# RCWA MEETING AND SENIOR'S VISIT



# FESTIVAL CELEBRATIONS



**HOLI**



**KARVA CHAETH**



**CHHAT PUJA**



**ONAM**



**GURU PARV**



**BAISAKHI**

## SPECIAL ACHIEVEMENTS

**TROPHY FOR BEST DOCUMENTARY J&K  
ZONE**



**TROPHY FOR BEST STALL FOR OVERALL SALES**



**TROPHY FOR SPECIAL PRIZE, CRPF MELA  
2017.**

## UPCOMING INITIATIVES

- 🍁 Beautification of FWC.
- 🍁 Facilities of Creche for working ladies at FWC.
- 🍁 Introduction of smart class.
- 🍁 Vocational training classes .
- 🍁 Opening of school canteen .
- 🍁 Conducting beautician course .
- 🍁 Conducting dance classes.
- 🍁 Yoga classes.
- 🍁 Bakery classes .
- 🍁 English speaking classes.
- 🍁 Govt. approved computer course.

## MEMBERS OF RCWA, SRINAGAR



Creative design by

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Dr. Mina Navin Kumar, CMO (OG)

Const Mithun Majumdar

Const Ravindar Kamboj

Const Nisar Bhat



Mrs. Soumya Kashyap Kadagattur

# Kashmir

