

## MONTHLY UPDATE OF AWWA ACTIVITIES

### 14 INF DIV : AUG 2024

#### EMPOWER VEER NARIS, WIDOWS & NOKS

1. To provide meaningful assistance to Veer Naris, Veterans, Widows & NOKs, Veteran Cells of various units of the fmn regularly est contact with them.

(a) **Veer Naris and Ex-servicemen Meet.** Veteran Cell of 11 KUMAON/95 Inf Bde physically contacted 44 x Veer Naris and 40 x ESM in the AoR during outreach pgme at Nahan wef 17-19 Aug 2024 and info them about various entitlements & benefits and govt schemes.



(b) **Est of Help Desk for Veterans.** A help desk was est by Zila Sainik Welfare Office, Solan and the fwg issues pertaining to Veer Naris/ Veterans were resolved :-

- (i) 01 x Annual verification in r/o of Veer Naris has been carried out.
- (ii) 02 x Grievances regarding change of date of birth have been resolved.
- (iii) 02 x Grievances regarding ECHS facilities have been resolved.
- (iv) Case in respect of Smt Saraswati Devi wife of No 8003231P Late Rfn Pnr (GD) Bora regarding non-grant of full pension as authorised to her was fwd to Pioneer Records.
- (v) Case in respect of Smt Devki Devi wife of JC-578166W Late Sub Durga Ram regarding the widow getting Special Family Pension (SFP) instead of Liberalised Family Pension (LFP). In this connection the unit has apch to Records, JAK RIF.





(c) **Empower Veer Naris, Widow & NOKs.** Regular interaction is being carried out with Veer Naris, Widows, NoKs and Veterans by dedicated Veteran Cells established under 2ICs of the units. Details of entitlements and schemes is circulated to all over WhatsApp groups created by the Unit Veteran Cells. Also, as part of a special drive, indls proceeding on leave are visiting Veer Naris, Bravehearts, widows and mothers at their respective residences to spread awareness on entitlements and address grievances. In case of any problem, complete assistance is provided in terms of liaison with records, processing of documents and follow-up till resolution of grievances.

(d) **Interaction with Veer Naris (14 Arty Bde).** Interactions are being done with Veer Naris Smt Chitra Devi w/o Late Sep Anusuya Prasad, MVC of 10 MAHAR and Smt Sushila Devi M/o Late Sep Kailash Kumar Bhatt of 2 NAGA through video calls/ physically on monthly basis by dedicated JCOs of the unit to resolve their issues.



## **CHILDREN WITH SPECIAL NEEDS**

1. **Visit of Students from APS Birpur.** An interactive session between students of Class-XII (Psychology) from Army Public School, Birpur alongwith sub teacher was conducted on 25 Jul 2024 at GK Asha School, Birpur.



2. **Unified Games Event under Spl Olympiac Bharat.** Unified Games Event under Special Olympiacs Bharat was org at Golden Key Asha School, Birpur on 09 Aug 2024. 26 x students incl 14 x students of Army Public School, Birpur participated in this event. The students participated in Floor Hockey, Relay Race and Shot Put.





3. **Independence Day Celebration.** 78<sup>th</sup> Independence Day Celebration was org on 14<sup>th</sup> Aug 2024 at GK Asha School, Birpur. 43 x students and 14 x teaching & adm staff of Asha School, Birpur attended the event. The fwg events were org as part of the celebrations:-

(a) **Flag Hoisting Ceremony.** Flag hoisting was org wherein Brig Upinder Pal Singh, Chairman, GK Asha School, Birpur, Mrs Rashmi Singh, Chairperson, FWO 116 Inf Bde hoisted the National Flag followed by the National Anthem. Col Yogesh Upadhyay, Vice Chairman, GK Asha School, Bipur and Mrs Divya Upadhyay, Director, 5 KUMAON attended the ceremony.

(b) **Cultural Pgme.** The students participated in cultural events which incl songs and dance on patriotic tunes.



4. **Raksha Bandhan Celebration.** Raksha Bandhan was celebrated at GK Asha School, Birpur on 16 Aug 2024. 43 x students alongwith 11 x staff celebrated the event.



5. **Interactive Session for Parents.** As part of AWWA week celebration, an interactive session for parents was org at GK Asha School, Birpur on 16 Aug 2024. 50 x parents and 11x teaching staff attended the same. The event was attended by Mrs Rashmi Singh, Chairperson, FWO 116 Inf Bde and Mrs Divya Upadhyay, Director, FWO 5 KUMAON. During the interactive session, the fwg events were conducted:-

(a) Educational film shown to parents.

(b) Lec by the Principal of Asha School, Mrs Samrah Mirza on 'How sensory issues affect behaviour'.

- (c) Felicitation of parents by Mrs Rashmi Singh, Chairperson, FWO, 116 Inf Bde.



6. **Vis to Differently Abled Children.** Ladies from 11 KUMAON/ 95 Inf Bde vis a spl child in their AoR on 19 Aug 2024 and discussed about his special needs with his parents and suggested ways to make things more comfortable for the child.





## FOCUS ON PHYSICAL AND EMOTIONAL WELLBEING

1. **Webinar on ‘Early Intervention’.** A live streaming of webinar from Surya Comd on “Early Intervention” was conducted by this fm on 21 Aug 2024 at RS Auditorium, Clement Town. A str of 15 x Offrs ladies and 118 x JCOs/OR families attended the same. Dr Ranjini Rajgopal educated the families about how early intervention plays a crucial role in identifying and addressing developmental delays and disabilities in individuals at a young age.



2. **STHIRTA - A Mental And Emotional Awareness Pgme.** A mental and emotional awareness pgme ‘**STHIRTA**’ was conducted by 71 Mtn Bde at Surya Auditorium on **03 Aug 2024 wef 0930hr to 1230 hrs** for Offrs, JCOs /OR and their spouse by team of ‘**SADAY WELLNESS**’. A total of 10 x Offrs with their spouses and 250 x JCOs/ OR with their families attend the event. The event was conducted by the fwg experts :-

| <u>Ser No</u> | <u>Speaker</u>                             | <u>Topic Covered</u>                           | <u>Key Issues</u>   |
|---------------|--|--|---|
| (a)           | Dr Aditya Agarwal, Psychiatrist            | Mental illness beyond anxiety and depression   | (i) Common mental health illnesses.<br>(ii) Signs and Symptoms.<br>(iii) Early identification of these illnesses.<br>(iv) Treatment options- drugs, psychotherapy and social support. |
| (b)           | Mr Vinayak Katyayan, Clinical Psychologist | Emotional Intelligence and Interpersonal mgt   | (i) What is emotional intelligence?<br>(ii) Temper VS Aggression.<br>(iii) Utility of emotional intelligence.   |
| (c)           | Dr Sahil Jamal, Psychiatrist               | Substance use – When does it become a problem? | (i) Addiction and its consequence.<br>(ii) Alcohol use and abuse.<br>(iii) Common signs and symptoms of excessive alcohol consumption.  |
| (d)           | All Speakers                               | Q & A Round                                    | Addressing questions from the requested participants.   |





## ENVIRONMENTAL AWARENESS

### 1. Tree Plantation Drive.

(a) A tree plantation drive was conducted by the tps & families of 5 KUMAON / 116 Inf Bde on the occasion of Independence Day at unit premises during which saplings of Amla, Neem and Ashoka were planted. A total str of 03 x Offr ladies and 60 x JCO/OR families participated in the drive.



(b) A tree plantation drive was also org at md accn of respective RWAs and within KLP compound of 71 Mtn Bde and sub-units on the occasion of 78<sup>th</sup> Independence Day on 15 Aug 2024. The aim was to incr the green cover in the envt and add to the 'Planet's health'.



2. World Nature Conservation Day Celebration. On the occasion of 'World Nature Conservation Day', a drawing competition was org for children at Solan Mil Stn on 28 Jul 2024. During the competition, children demonstrated their skills and spread awareness about nature conservation.





## SPORTS CULTURE

1. **58<sup>th</sup> AWWA Walkathon Event 2024.** As a part of AWWA month celebration 2024, a walkathon was carried out in Lucknow Stn at 11 GRRC on 11 Aug 2024. A total str of 99 x ladies and families of 71 Mtn Bde participated in the event.



2. **22<sup>nd</sup> Uttarakhand State Shooting Championship (GKSC).** 22<sup>nd</sup> Uttarakhand State Shooting Championship (GKSC) was conducted for wards of serving/ veterans at Jaspal Rana Academy, Dehradun under the aegis of Golden Key Shooting Club run HQ 14 Arty Bde. A total of 30 x candidates participated in the event. A total str of 08 x children from the fmn participated in the championship to promote sports culture & foster a sense of sportsmanship among the young children.



## AWARENESS AND SKILLING

1. **Stiching Course at GKWEC, Clement Town.** Stiching course for the ladies of the Clement Town Mil Stn is being conducted wef 01 Jul 2024 to 30 Sep 2024 at GKWEC, Clement Town. A total str of 01 x Offr lady and 31 x JCOs/ OR families are attending the same.





2. **Dream Catcher Making Course at GKWEC.** A Dream Catcher Making course was conducted from 06 Aug 2024 to 25 Aug 2024 at GKWEC, Clement Town. A total str of 04 x families attended the sub course. Fundamental tech and design for making of dream catchers incl mixing methods & psn aspects were taught during the course.



3. **Vis to GKWEC, Clement Town.** Mrs Dibyasikha Pattanaik, Chairperson, GKFWO, Golden Key Div vis GKWEC, Clement Town on 02 Aug 24, wherein, she was briefed by OIC, GKWEC, Clement Town on the conduct of various courses.



4. **Awareness lec on 'Entitlement, Benefits and Edn'.**

(a) An awareness lec on the topic 'Entitlement, Benefits and Edn' was conducted for the tps & families by 14 IDSr at Clement Town Mil Stn on 17 Aug 2024 with focus on entitlement and benefits auth to Indian Army personnel and their families. The lec was delivered by Nb Sub Shaik Mohammed Rafi, Unit Head Clk. A str of 06 x Offrs ladies and 104 x JCOs/OR families attended the same.





(b) A lec on 'Entitlement, Benefits and Edn' as part of AWWA Day 2024 celebrations, was also conducted for the families of 14 Fd Regt on 17 Aug 2024. During the lec, the families were enlightened with respect to pay & allces and various edn schemes for wards of serving pers. All the families showed keen interest and cleared their lingering doubts regarding the subject. The lec was taken by Nb Sub (Clk SD) VP Pandey of the unit. A str of 05 x Offrs ladies and 63 x JCOs/ OR families attended the same.



5. **Understanding Appln & Operation of Drones.** A str of 02 x Offr ladies, 02 x JCO families & 13 x OR families attended the lec cum demo on '**Understanding Application & Operation of Drones**' org at Drone Lab at Clement Town on 19 Aug 2024. The families were intro to the latest technology and its various applications.



6. **Conduct of Stn Level Capsule at ASTC Lucknow.** As a part of AWW Amonth celebration 2024, the fwg stn level capsule was conduct at ASTC Lucknow. 09 x families of 71 Mtn Bde attended the capsule.





7. **Talent Exhibition by AWWA Entrepreneurs.**

A Talent Exhibition (Safarnama) as a part of AWWA month celebration 2024 was conducted at Puneet Datt Auditorium and Surya Offrs Instt wef 16 Aug 2024 to 17 Aug 2024. A total str of 10 x Offr ladies and 40 x families of JCOs / OR attended the event.



8. **Lec on 'Increasing Role of Internet in Daily Life'.**

(a) A lec on 'Increasing Role of Internet in Daily Life' was conducted on 16 Aug 2024 at RS Auditorium, Clement Town by HQ 14 Arty Bde. The lec was conducted by Mrs Sarita Batra and Miss Damanpreet Kaur. During the lec, the families were educated regarding imp and benefits of internet in daily life. The families were also acquainted with the various drawbacks and cautions while using the internet. A str of 05 x Offr ladies and 15 x JCOs/OR families attended the same.



(b) As a part of AWWA month Celebration 2024 a lec on 'Increasing Role of Internet in Daily Life' was also carried out by 6/11 GR /71 Mtn Bde on 22 Aug 2024. A total str of 02 x ladies and 77 x families of JCOs/OR attended the lec.





9. **Lec on Online Banking and Usage of Debit & Credit Cards.** As a part of AWWA month celebration 2024, a lec on 'Online Banking and Usage of Debit & Credit Cards' was conducted for the families of 71 Mtn Bde at Gorkha Hall on 22 Aug 2024 based on this year's theme i.e, 'Year of Tech Absorption'. A total of 04 x Offr ladies and 77 x families of JCOs / OR attended the lec.





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## MONTHLY UPDATE OF AWWA ACTIVITIES

### 14 INF DIV : JUL 2024

#### EMPOWER VEER NARIS, WIDOWS & NOKS.

1. **Outreach to Veer Naris/ Veterans.** Dedicated teams at the unit level are visiting Veer Naris, Veterans, Widows & NOKs on regular basis to resolve their grievances in a time bound manner.
2. Monthly interaction with **Veer Nari Smt Geeta Devi** (wife of No 2694028 Late Grenadier Virender Singh, Sena Medal, Posthumous) was carried out by 14 Fd Regt. Unit representative along with lady visited her home. No issue/ grievance was reported by the Veer Nari. The Veer Nari was also provided Canteen items.



#### CHILDREN WITH SPECIAL NEEDS.

- 3 **Fire Mock Drill.** Fire Mock Drill was conducted at GK Asha School, Birpur on 11 Jul 2024. 42 x students along with 15 x staff enthusiastically participated in the drill.



4. **Tree Plantation Drive.** A tree planation drive was carried out at GK Asha School, Birpur on 12 Jul 2024. 40 x students along with 15 x staff actively participated and planted 50 x saplings of Amla, Neem & Ashoka during the event.





## QUALITY EDUCATION TO CHILDREN

5. **Celebration of Youth Skills Day.** Youth Skills Day was celebrated by the formation on 18 Jul 2024 with an aim to emphasize the pivotal role of young people in fostering peace and addressing global challenges through their skills and talent. A Hackathon consisting of group discussion, team work, poetry, painting and essay writing competitions were organized for the children at Solan & Jutogh military stations for the families and children.



## FOCUS ON PHYSICAL, MENTAL AND SPIRITUAL WELL BEING OF FAMILIES /NOKS.

6. **Employment of Psychological Counsellors at various military stations.** Details of Psychological Counsellors employed at various stations are as under:-

| Ser No | Stations     | Particulars of Psychological Counsellor |
|--------|--------------|---|
| (a)    | Dehradun     | Ms Priyamvada Pandey                    |
| (b)    | Lansdowne    | Mr Suraj                                |
| (c)    | Raiwala      | Dr Hemant Kataria                       |
| (d)    | Clement Town | Dr Anita Thapliyal                      |

7. **Lifestyle Disorders.** A talk on 'Holistic Approach to Lifestyle Disorder's was conducted by Dr Prema Mehta w/o Col RS Mehta, SSO Stations Headquarters Pithoragarh for the ladies on 05 Jul 2024. The aim of this talk was to generate awareness on thyroid problems, PCOS/PCOD and Diabetes.



8. **Monsoon Related Illness and Preventive Care.** To educate the families on precautions to be taken during Monsoon season a lecture was conducted at Raiwala on 24 Jul 24. The following topics were discussed: -

- Exposure to Bacteria, Virus and Infection.
- Monsoon related illness.
- Symptoms and Precautionary measures.



(d) Do's & Don'ts to mitigate the seasonal issues.



9. **Awareness Video.** An educative video was shown to all the families during the family welfare meet at Raiwala on 25 Jul 2024, to impart knowledge about snake bite.



10. **Precaution during Rainy Season.** A lecture on 'Precautions During Rainy Season' was conducted for all the families at GKSI. The families were educated on prevention from water borne-diseases and importance of hygiene and cleanliness of the surrounding areas.



11. **Lecture on 'Mosquito Borne Diseases & Their Prevention'.** An awareness lecture on Mosquito borne diseases & their prevention' was organised at family quarters of 414 Field Hospital to sensitize the families on preventive measures. The lecture was taken by Nb Sub Umesh Yadav (Health JCO) with an aim to create awareness among the families on the various types of mosquito-borne diseases & their prevention.

12. **Lecture on Polycystic Ovarian Syndrome (PCOS) & Infertility.** As part of the continuing series of health awareness lectures being conducted for families of all in station / out station units of this formation, an interactive talk on Polycystic Ovarian Syndrome was organised by 314 Field Hospital under the agies of HQ 14 Inf Div on 24 Jul 2024. Dr Aakriti Gupta, Gynecologist delivered the illuminating talk to all in station families. . All out-station ladies/ families of the formation attended the same on Video Conference. The following points were deliberated upon:-

- (a) Introduction to PCOS.
- (b) Causes of PCOS.
- (c) Symptoms & effects.
- (d) Modifiable risk factors and prevention.



**GENERATE AWARENESS AMONGST OUR WOMAN IN KEEPING WITH THE CHANGING TIME.**

13. **Family Welfare Meet.** A family welfare meet was organised at Chaudhary Line, Birpur on 30 Jun 2024 as part of FWO activities. Mrs Divya Upadhyay, Director, FWO, 5 KUMAON interacted with 32 x JCOs/OR families. The following issues were highlighted during the address to families:-

- (a) Help each other in case the husband is out of station (Pregnant and med cases).
- (b) Active participation if possible, in unit activities - family welfare, lectures, and recreational activities.
- (c) Respectful and courteous behavior towards each other.
- (d) Take care of children (especially teenagers).
- (e) Awareness against cyber fraud.
- (f) No information to be shared on phone with unknown persons.
- (g) Adherence to road safety rules - wear helmets.
- (h) Regular medical check-up for families – especially above 35 yrs.
- (j) Practice healthy-eating habits.
- (k) Don't use banned social media apps in husband's phone.
- (l) Prevention from mosquito-borne diseases especially, Dengue.



14. **Usage of Debit Cards.** 25 x families of 14 Inf Div Signal Unit were educated on the facilities and usage of debit cards by Coy OCs wife on 15 Jul 2024.



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5. **Documentation and Jagriti Card.** A camp was organised for the families of 14 Inf Div Signal Regt on 15 Jul 2024 to fill up Jagriti Cards. The camp was a source for awareness for the families to understand relevant details about their spouses. The camp was attended by 20 x families.



16. **Conduct of Interactive Games.** An Interactive game was conducted for the all families based on the theme 'Saavan' in which the families were shown different props based on which they had to sing an appropriate song. The families participated with lot of zeal and enthusiasm.





17. A lecture on “**Waste management in day to day life**” was conducted during family welfare meet at Jabalpur on 30 Jul 2024.



18. **Lecture on Cyber Awareness.** A lecture to promulgate awareness on cyber scam/ frauds, extraction of relevant info by PIO, online money scams was conducted by MCTE, Mhow through Google platform on 03 Jul 2024. A total strength of 74 x troops & 41 x families of the formation attended the same.



19. **Cyber Jagrukta Diwas.** A talk on ‘Protection Against Cyber Frauds’ was conducted for all ranks and their families at Kasauli wherein the families of the unit were made aware about various types of cyber frauds occurring through social media platforms. The talk was an eye-opener for the families in view of the present environment of cyber threats.





20. **Cyber Awareness of Families.** A Cyber Awareness lecture was conducted for the families of Clement Town Military Station through a video conference on 06 Jul 2024 with an aim to educate the families on phishing and importance of using a strong passwords for safety and others protective measures against cyber threats.



21. **Lecture on Cyber Jagrukta.** A lecture on Cyber Jagrukta was organised by 4/3 GR under the aegis of HQ 71 Mtn Bde at Lucknow on 04 Jul 2024. The lecture was attended by 45 x families.



22. **Lecture on Road Safety.** To educate and create awareness about traffic rules and safety a unit level lecture on 'Road Safety' was conducted by 1 ASSAM on 24 Jun 2024. The campaign aimed to reduce road fatalities and increase awareness about safe driving habits. The focus of this awareness campaign was reducing speed on the roads and arriving safely at the destination.





**DEVELOP ENTREPRENEURIAL SPIRIT AND SKILLING TO MAKE AWWA BENEFICIARIES FINANCIALLY INDEPENDENTS.**

23. **Tie & Dye Workshop for Ladies.** A Tie & Dye workshop was organised at Family welfare center at Kasauli on 15 Jul to 17 Jul 2024 as a part of skill development initiative for volunteer ladies of the formation. The three days workshop enabled the ladies to learn about the intricate skills of Tie & Dye.



24. **Car Driving Training.** As part of skill development training, car driving training was conducted for the families of JCOs/OR at Raiwala military station wef 15 Jul 2024 to 02 Aug 2024 to make them self-dependent in terms of conveyance as well as to boost self-confidence. 10 x families of JCOs/OR attended the training.



25. **Macrame Classes.** As part of skill development, Macrame classes were conducted for families of JCOs/OR at Women Empowerment Centre (WEC), Raiwala wef 22 Jul 2024 to 24 Jul 2024. A total strength of 21 x JCOs/OR families attended the classes.





26. **Stitching Course.** Stitching course for the ladies is being conducted wef 01 Jul 2024 at GKWEC, clement town, Dehradun. A total strength of 01 x officers wife and 25 x JCOs/ OR families are attending the same.



27. **Demonstration on Cultural Food.** As part of showcasing culinary skills in cultural food, a demonstration on millet-based products was given by Mrs Ravi Chandana w/o Hav M Srinivas of 14 Arty Bde at Clement Town military station.



## **ENVIRONMENTAL AWARENESS**

28. **Tree Plantation Drive.** As part of environment awareness, a tree plantation drive was organised by 5 KUMAON and 1/3 GR in Chaudhary Line & Joginder Line on 05 & 06 Jul 2024. A total of 150 x saplings of Amla, Neem, Jamun, Silver Oak, Vimal, Arjun and Ashoka were planted. A total strength of 80 x JCO/OR families participated in the drive.





**29. International Plastic Bag Free Day.** 'International Plastic Bag Free Day' was celebrated at Kasauli military station on 03 Jul 24. Various events such as painting & poster making competitions were organised for the children with the theme "**Bag Hi Mera Swag**" to raise awareness among the families and children about the detrimental effects of plastic bags and focused on promoting the use of reusable alternatives. Children were felicitated with Jute bags and gifts on termination of the event. A total strength of 47 x families and 38 x children of the formation participated in the event.



**30. Celebration of 'Van Mahotsav'.** A 'Tree Plantation' drive was organised at Dagshai on 10 Jul 2024 on the occasion of '**Van Mahotsav**' to promote environmental awareness and encourage children & families to adopt and care for trees. The families were also briefed about the importance and benefits of afforestation for the environment. A total of 50 x fruit trees were planted during the drive and a strength of 35 x families and 20 x children participated in the event.



**31. Plantation Drive.** A plantation drive was organised at Dehradun on 23 Jul 2024. A total strength 110 families of all ranks attended the event.





## Sports Culture

32. **Run for Fun.** A “Run for Fun” was organized for the children at Solan military station. A total of 46 x children participated in the event.

