

MONTHLY UPDATE OF AWWA ACTIVITIES
MUPSA : AUG 2024

EMPOWER VEER NARIS, WIDOWS & NOKS

1. **Aastha Cell**

- (a) **Existing Marital Discord Cases.** 28 cases of marital discord are currently being monitored by this office. The Ladies, are given feedback about their cases on regular basis.
- (b) **Two new case of marital discord were received in the month of AUG:-**
- (i) Smt Neelam Deiv w/o Hav Manoj Kumar
- (ii) Smt Gudiya Yadav w/o CPL Rohit Kumar Yadav (Air Force).
- (c) **Three dependent card ware issued in the month of Aug :-**
- Smt Anuradha Singh, w/o Nk Abhay Pratap Singh, 243 Army Wksp Coy
Smt Sathi Singha Roy, w/o Sigm, Swapan Singha Roy, MCTE MHOW
Smt Pooam Bharti, w/o L/NK Aurn Kumar Giri, Signal Regt
- (d) **One part II order published from MCTE MHOW.** Smt Sathi Singha Roy, w/o Sigm, Swapan Singha Roy, MCTE MHOW
- (e) **One Maintenance Allowance Case resolve.** Smt Veenita Devi, w/o Hav Sunil Kumar Yadav.
- (f) **Welfare cases – Job/Scholarships and other welfare Cases are under progress.** 09 cases related to welfare of widow/dependent were resolved in the month of Aug. 05, scholarship from has been fwd to the concerned offices.

CHILDREN WITH SPECIAL NEEDS

1. **Best Student Award.** On the occasion of AWWA Day on 23 Aug 24, Surya Prakash and Anjali Joshi were felicitated by RPA (Mrs Sengupta) for their academic excellence and overall performance.



2. **Rakhi Celebration.** Festivals are celebrated to keep our social fabric intact. Rakshabandhan was celebrated at ASHA School on 14 Aug 24 to make students understand the value of the festival and teach the importance of bonds between individuals.



3. **Independence Day.** Independence Day was celebrated at school on 15 Aug 2024. The school held a cultural event and students participated very enthusiastically in the programs. The event started by hoisting national flag by Chief Guest Maj Gen CJ Jayachandran with our guest of honor Mrs Jayashree Jayachandran. There were various cultural events like folk dance, mascots, skating etc. Prize distribution was conducted at the end of the event.



4. **Janamashtami.** Janamashtami celebration was conducted on 23 Aug 24. Students dressed as Radha-Krishna arrived at school and a special assembly was conducted to celebrate the occasion and make the children understand the value of festival of our country.



5. **Exhibition.** “Safarnama” exhibition was conducted for Army Entrepreneurs on 16 and 17 Aug 24. A stall was displayed where products prepared during Vocational classes by the students were displayed for sale. Products such as paper bags, candles, wrapping sheets, soaps, bookmarks etc.



6. **Dance Practice.** Dancing is a great way to calm one’s body and mind. Students are introduced to regular dance classes to keep their motor activities functional. The dance classes are conducted three times a week.



7. Parents Teacher Meeting.

A PTM was organized on 01 Aug 24 to share the developmental chart, IEP (Individual Educational Plan) and prospect growth proposals for the students. The meeting was done on class level and teachers interacted with the parents.

**8. Parents Training Session.**

On 10 Aug 24 a parents training session was conducted to spread awareness among parents on various topics such as:-

- (a) Object Handling
- (b) Command Following
- (c) Toilet Training
- (d) Sensory Issues
- (e) Concentration and attention
- (f) Name Response



QUALITY EDUCATION TO CHILDREN

1. **Quality Education to Children through Institutional Mechanism.** A Stn level Computer course on basic coding for 15 children of class 9th and 11th standard of Lucknow Mil stn is being conducted from **21 Aug 2024 to 19 Oct 2024.**



FOCUS ON PHYSICAL AND EMOTIONAL WELLBEING

1. **Webinar on ' Early Intervention'.** A webinar on "Early Intervention" was conducted by Dr Rajini Rajgopal on **21 Aug 2024 at 1700h to 1800h** in Hybrid mode at all Centre on fwg issues :-

- Stages of development in a child.
- Identifying a specially abled child from a Normal Child.
- Observing the delayed milestones in the child by birth.
- Consulting a Doctor/ Psychologist.



(e) **Med Camp.** Med camp as part of 58th AWWA Day celebration, carried out for ladies for screening of Breast & Cervical Cancer including PAP Smear, Mammography and Bone Mineral Density was organised at Comd Hosp (CC), Lucknow wef **22 Aug 2024 to 31 Aug 2024.** A total of 87 JCOs/OR families from 11 GRRC attended the same.



(f) **Walkathon.** 3 Km Walkathon 2024 was organised for families & children of Offrs and families & children of JCOs/OR of Lucknow Mil Stn at HS Chauhan Stadium, 11 GRRC on **11 Aug 2024**. The event was flagged off by honorable chief guest Mrs Rashmi Chadha, Regional Vice President, AWWA, Central Comd.



(g) **Quality of Living Standards.**

(i) **Children Park.** Children Park has been est in the Pyara Singh Enclave at the SIKH LI Regimental Centre.



(ii) **Door to Door Delivery.** Home delivery of Fresh vegetables & fruits is being ensured to all family quarter incl FAFA at the SIKH LI Regimental Centre.



(iii) **Lecture on Nutrition in Female.**

A lecture on Nutrition in Female was conducted to generate awareness on requirement and necessities of nutritious food for overall wellbeing and development for females by Maj Shreyasi Nishank, MO in Family Welfare Meet held on **23 Aug 2024** in Dhanvantari Auditorium by Base Hosp , Lucknow.

(iv) **Experimenting with Sprouts competition.**

In this competition ladies were asked to prepare any dish or salad or anything of their choice using Sprouts as the main ingredient of their dish on **28 Aug 2024** wherein 25 ladies attended the competition.



SPORTS CULTURE

1. APS SP Marg Lucknow Girls' Volley Ball Under 19 and Under 14 Teams have won **GOLD MEDALS** in CBSE Cluster 4 Volleyball Tournament 2024 held at Kanpur. Now they will be playing in the **CBSE NATIONAL VOLLEYBALL TOURNAMENT**.



AWARENESS AND SKILLING

MUPSA

1. Financial Independence to all (Empowerment and Engagement).

(a) **Talent Exhibition (Safarnama 3.0).** The Art/Talent exhibition (Safarnama 3.0) was organised at Puneet Datt Auditorium on **16 Aug 2024** and Surya Offrs Institute on **17 Aug 2024**. The event provided an opportunity to the AWWA Entrepreneurs to showcase their Art/Talent and craftwork in public forum and profit from the sale of items.



(b) **Beautician training.** Vocational trg for Beautician has been carried out for volunteer families at the SIKH LI Regimental Centre from 05 Aug 2024 to 10 Aug 2024 and 10 families attended the same.



(c) **Healthy Baking and Cooking course.** Healthy baking and cooking course was conducted by Surya Bakery for empowerment of families of Mil stn Lucknow from **05 Aug 2024** to **14 Aug 2024** wherein 40 ladies attended the course.



MONTHLY UPDATE OF AWWA ACTIVITIES MUPSA : JUL 2024

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

1. **Webinar on Lifestyle Diseases, Related Issues and Treatment.** A Webinar cum motivational talk on lifestyle diseases and alternative medical and holistic treatment was conducted by Dr Satendra Kumar Mishra, practicing naturopath on 20 Jul 2024 at Lucknow. The webinar offered a comprehensive understanding of lifestyle diseases and their management through non-invasive naturopathic treatments. The webinar was also live streamed at Bareilly, Jabalpur, Dehradun, Agra and other lower formations & regimetal centres.



3



Lucknow



Bareilly



Jabalpur



Dehradun



Agra

2. **Lecture on Health Issues.** In the run up to AWWA Day Celebration a lecture on health issues was conducted by medical specialist from Command Hospital, Lucknow for the families of JCOs/OR at Puneet Datt Auditorium on 29 Jul 2025. The following aspects were covered:-

- (a) Lifestyle Disease to include Breast and Cervical Cancer.
- (b) Mammography.
- (c) Introductory remarks on conduct of medical camp by moderator



3. **Awareness on Health Wellness Environment and Living Standards.** A lecture on prevention of water borne disuses during rainy season was conducted during the family welfare meet at Base Hospital, Lucknow on 20 Jul 2024.



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

4. **Lecture on Cyber security.** An awareness lecture on Cyber security was conducted by AMC Centre & College on 03 Jul 2024. 56 families of JCOs/OR attended the event.

5. **Family Welfare Meet.** A unit level family welfare meet for families was organised by 11 GRRC on 06 Jul 2024. Total of 55 families of JCOs/OR attended the event.



6. **Sukanya Samriddhi Scheme.** In order to uplift & provide monetary benefit, following accounts have been opened under Sukanya Samriddhi Scheme for girl child of troops stationed in Rajput Regimental Centre, Fatehgarh :-

- (a) Miss Virdhi D/o Sep Ram Singh
- (b) Miss Shreya D/o Sep Rakesh Singh
- (c) Miss Bhaviya Kanwar D/o Nk Bhawani Singh
- (d) Miss Samrddhi D/o LNK Vikash Singh



7. **Presentation of Bracelet to New Born Babies.** Mrs Gurpreet Sandhu, Chairperson FWO, RRC met the new born babies and the ladies to ensure their wellbeing. The meeting focused on spreading awareness amongst families about vaccination and feeding habits for a healthy and ailment free life of their children. In addition, seven mothers of the newly born children were felicitated and silver bracelets were presented to the newly born

- (a) Master Kiyansh S/o Nk Dashrath Singh
- (b) Master Sourya Singh S/o Sep Sachindra Singh
- (c) Master S. Mitteron S/o Sep P Somu