



Interaction with Families. Mrs Malvika Sirohi, FWO 2 BIHAR interacted with all families on 18 Jan 2025. During the interaction, families were asked their well-being and difficulties faced by them, if any. They were also directed to adopt health care measures against dengue and malaria by maint cleanliness in their surroundings



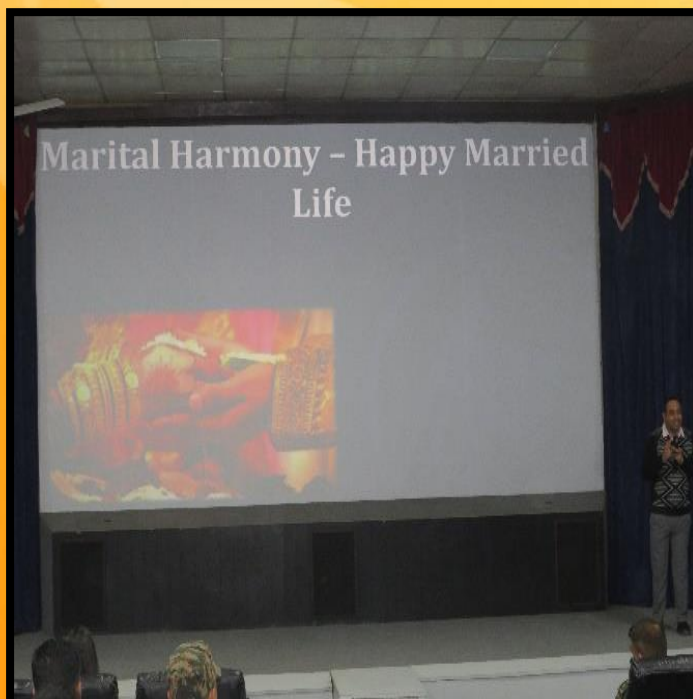


Champion Women Capsule. A Champion Women Capsule was conducted for families of 2 BIHAR on 28 Jan 2025 to make them self-confident and motivate them towards accomplishment of their goals. All families of 2 BIHAR attended the capsule enthusiastically.





Lec on Tips for Happy Married Life and Marital Harmony. A lec on Tips for Happy Married Life and Marital Harmony was conducted by this unit for all families with their spouse residing in Mil Stn Abohar to provide them advice to manage happiness in their lives by emphasizing upon the factors affecting their married life.





Laddu Making Competition for Families. A Laddu Making Competition was organised for families of 2 BIHAR on 08 Feb 2025 on the theme 'Winter Delight'. 25 families of this unit were participated in the said competition enthusiastically by preparing delicious Laddus.





VACCINATION DRIVE



TREE PLANTATION



COUNSELING SESSION ON MENTAL HEALTH AND WELLBEING



Visit to Family Quarters. Offr's ladies & JCOs families regularly visited all family quarters to interact and understand the needs of the families. Numerous issues and their grievances were redressed. Interaction with outstation families were also conducted through phone call.



INTERACTION FAMILIES BY OFFR'S LADIES & JCOs FAMILIES



Family Welfare Meet. Family Welfare Meets for the period from November to December 2024 were conducted at respective units.





Counseling Committee. Counseling regarding family matters was deeply briefed by Senior ladies in respective units. Families were satisfied about the session and resolution for the queries by the counselor.







AWWA ACTIVITIES : ABOHAR



3D EMPOWERMENT WORKSHOP



APS ABOHAR : ACTIVITIES



FIRE DRILL



LECTURE ON WASTE MANAGEMENT





APS ABOHAR : ACTIVITIES



FIRE DRILL





AWWA ACTIVITIES : ABOHAR



Van Mahotsav Celebration. As a part of Van Mahotsav Celebration 1358 x sapling have been issued by Stn HQ. 757 x saplings have been planted by tps and families of this Bde. Photos of the same are as under :-





AWWA ACTIVITIES : ABOHAR



Lec on "Cyber Awareness". A lec was org by 89 Inf Bde on Cyber Awareness at Lacchiman Auditorium on 04 Jul 2024.



Baking Class. Baking Classes was conducted by 19 MARATHA LI wef Jul 2024 to 12 Jul 2024 in which 07 x Families of JCOs/ OR of this unit attended the above mentioned class at SDC, Mil Stn Abohar.



AWWA ACTIVITIES : ABOHAR



Sui Dhaqa Class. Sui Dhaga Classes are üeing conducted üy 16 RAJ RIF wef Jun 2024 at SDC, Mil Stn Aüohar. Total 22 x families of JCOs/ OR of 600 Stn Abohar are attending the same.





AWWA ACTIVITIES : ABOHAR



89 IBSC FAMILY WELFARE MEET AT LACHHIMAN AUDITORIUM ON 10 JUL 24



CYBER SECURITY LEC BY MRS AMARDEEP KAUR AT KANCHI FAMILY WELFARE CENTRE ON 13 JUL 24





AWWA ACTIVITIES : ABOHAR



FELICITATION CEREMONY AT KANCHI FAMILY WELFARE CENTRE TO FAMILIES WHO PARTICIPATED IN TREE PLANTATION DRIVE : 13 JUL 2024



MLY FAMILY WELFARE MEET AT KANCHI FAMILY WELFARE CENTRE ON 13 JUL 24





AWWA ACTIVITIES : ABOHAR



TREE PLANTATION DRIVE IN MIL STN ABOHAR : 1ST & 2ND WEEK OF JUL 2024





WORLD HEALTH DAY 2024: ABOHAR



1. Lec. Alec by DrAman Nagpal, M.S, MBBS and Dr Latika Nagpal, M.S, MBBS was org for serving pers and their spouses of Mil Stn Abohar on 04 Apr 2024 at Lachhiman Auditorium. A str of 05-11-34 couples attended the same. The fwg aspects were covered during the lec:-

- (a) Couple HealthGoals.
- (b) HolisticDevp of Children.
- (c) Menstrual Healthof Women.





WORLD HEALTH DAY 2024: ABOHAR



2. Lecture on 'My Health, My Right'. A lecture on the following topics was conducted on 06 Apr 2024 at Lachhiman Auditorium by Maj Saroj Bala, MO, 175 MH t. A total of 118 families attended the same.

- (a) Prevention of Heat Illness.
- (b) Personnel Hygiene.



WORLD HEALTH DAY 2024:ABOHAR



3. **Mini Marathon.** As part of series of events on the occasion of 'World Health Day' a 'Mini Marathon' was conducted at Abohar Military Station under the aegis of HQ 89 Inf Bde on 06 Apr 2024 for tps, families and children.

(a) **Cat & Age for Participation.**

(i) **Age wise cat for participation was as under:-**



WORLD HEALTH DAY 2024: ABOHAR



SNo	Cat	Age gp	D.ista nce	Rem.arks.
(a)	Cat -I	05 yrs to 08 yrs.	500 Mtrs	
(a)	Cat - I.I	.09' yrs to 15 'rs..	1'Km	
(b)	Cat -III	Ladies & fa.mili'e s	Km	
(c),	Ca! - IV	Serving 'pers	fi Km	



WORLD HEALTH DAY 2024: ABOHAR



(b) Unit Wise Participation in Each Cat.

(i) Unit wise participation in each cat was as under:-

S/No	Unit	Cat I	Cat II	Cat III	Cat IV			Total.
					Offrs	JCOs	OR	
(a)	19 MLI	9	10	6	3	6	25	59
(b)	15 RAJ	4	2	2	6	6	24	44
(c)	5/4 GR	13	4	27	5	5	28	82
(d)	416 Fd Hosp	1	0	0	1	6	24	32
(e)	175 MH	1	0	0	2	2	14	19
(f)	89 IBC	2	9	5	7	4	7	34
(g)	222	1	6	4	1	0	15	27
	89 IBSC	1	0	0	1	2	25	29
(h)	Total	32	31	44	26	31	2	326



WORLD HEALTH DAY 2024: ABOHAR



(c) Conduct. 5/4 GR was overall resp for conduct of the event. The event was flagged off by Brig NC Khuman, Cdr, Stallion Bde. It culminated without any injury to any participants. Adequate arngs for water and med.sp was catered for.

(d) Prize Distr Ceremony. A prize distr ceremony was conducted and the f:wg prizes were awarded to first three runners in each cat by Brig NC Kl«uri1an, Cdr, Stallion Bde & Mrs Tani Khuman., Chairperson, FWO Station.. Bde -

S :NO:	Posn	Name of Participants	Unit.	Remark
<u>Cat-I (t@ to 08 yrs),</u>				
(a)	I	Master Soham Mahadev Kalekar S/o Nk Mahadev Kalekar	19 MARATHA LI	
	II			
		Master ftolly I?ujan.S/o!Hav. Miss Pragati Chaudhary D/o Sep Dilip Chaudhary	Inf.Bde. 19 MĀRATHA LI	
	III			
<u>.cat-ii (09yrs.to 15 yr»)</u>				
(b)	I	Master Sourav Singh S/o Nh Master Atharv Rai S/o Sub JK Rai	89 Inf Bde MH Camp	
		Master Adhityam Kore S/o Hav Ankush Kore	19 MARATHA LI	
	II			
	III			



WORLD HEALTH DAY 2024: ABOHAR



Cat-III (Ladies & Families)

()	i	Smt Sarmila W/o Nk Rishi	89 Inf Bde Camp	
	II	Srnt Nim a W/o Nk Jagdish	89 Inf B'õe Camp	
	III	Smt Asmita Roka W/o Hav Man Bdr Gharti	5/4 GR	

Cat- V (Serving Pers- Offrs)

(d)	I	Lt Devendra Singh	15 RAJ RIF	
	II	Maj Bish:äl Singh'	5/4 GR	
	III	Lt Col Vai:dya.nath./K	5/4 GR	

Serving Pers- JCOs

	I	Nb Sub Khum Bdr Thapa	5/4 GR	
	II	Nb Su'ü Dinesh.Singh	15 RAJ RIF	
	III	Nô Su'ü :Ram KäJi, Gü'rung.	5/4 GR.	

Serv inq Psrä- "OR

	I	Stp: Säëtë.	19 PMA FATHA	
	II	pp ,L'alu Kshirsagar	19 MARATHA LI	
	III	AV Jeevan Chettri	5/4 GR	



WORLD HEALTH DAY 2024: ABOHAR



PHOTOGRAPHS OF MINI MARATHON CONDUCTED ON 06 APR 2024





WORLD HEALTH DAY 2024: ABOHAR





WORLD HEALTH DAY 2024: ABOHAR



4. Mental Health. A lecture on “Mental Health” was conducted on 02-Apr 2024 at Family Welfare Centre, 15 RAJ RIF. A str of 02-04-42 families attended the same.





AWWA ACTIVITIES : ABHOR



AWWA Activities

Monthly Family Meets – Apr 2024. A Family welfare meet was org at Kanchi Family Welfare Centre in Mar 2024. Gen interaction about the well being was carried out during the aame.



QUIZ COMPETITION IN FWC



AWWA ACTIVITIES : ABHOR



Monthly Family Welfare Meet by 19 MARATHA LI. Monthly family welfare meet was conducted in Mar 2024. A str of 05-09-87 families attended the same. Fwg events were conducted during the same:-

(a) Fancy Dress Competition. A fancy dress competition was conducted wherein the young girls of the Unit participated with enthusiasm and performed their best in different dresses. Children eXpressed eagerness to display their talent and were extremely happy for the event conducted.



FANCY DRESS COMPETITION



AWWA ACTIVITIES : ABHOR



(b) Interactive Session on Anger Mgmt. A lec was conducted on. 'Anger Management' b.y Mrs Sunanda Bharaôwaj.



INTERACTIVE 'SESSIO.N.ON.ANGER MGMT

Monthly Family Welfare Meet by 5/4 GR. Mly family welfare meet was org at Kanchi family welfare org on 10 Feb 2024 in which birthday gifts were presented to the children and families. Lec on under mentioned topics were also conducted:-

- (a) Anger Ma.n"agem:ent.:
- (b) Com.municà.i.ori.and.Emotioniä.l wel. b.ei.ng.
- (c) Awareness wrt entitlements and other benefits for wives



AWWA ACTIVITIES : ABHOR



MON:THLY FAMILY WELFARE MEET



.LECTURE ON HEALTH CARE



AWWA ACTIVITIES : ABHOR



APS/APPS School Activities.

Basant Panchmi :- Basant Panchami is celebrated to seek the blessings of Goddess Saraswati, Where children enjoyed cultural activities, including recitations, dance, and music. This festival also emphasized the value of lifelong learning and the pursuit of knowledge, inspiring devotees to work hard and persistently in their education and endeavors.



BA9ANTPANoHABI CELEBRATION



INTERNATIONAL WOMEN'S DAY AT ABOHAR MIL STN



1. Plref HQ 16 RAPID letter No 0418025H/02519/FWØ/Gen/Adt2B Feb 2024.
2. International Women's Day was celebrated at Abohar Mil Stn wef 07 – 08 Mar 2024. Feedback on activities conducted is enumerated as under:-
 - (a) Lec covering the fwg aspects was conducted at Lachhiman Auditorium on 07 Mar 2024 by Maj Harpreet Kaur, 1.75MH and was attended by 109 Families of the stn.
 - (i) Women Empowerment.
 - (ii) Breast and Cervical Cancer.
 - (iii) Menstrual Hygiene.





INTERNATIONAL WOMEN'S DAY AT ABOHAR MIL STN



(b) Lee on Being and Entrepreneur. Lec on "Being and Entrepreneur" by Mrs Sonia Dhankar w/o Maj Kapil Dhankar of 19 MARATHA LI was conducted at SDC, Abohar Mil Stn on 08th Mar 2024. It was attended by 45 families of the stn.





INTERNATIONAL WOMEN'S DAY AT ABOHAR MIL STN



(c) Exhibition of Items/ Stuff made by Budding Entrepreneurs.



EXHIBITION OF ITEMS



AWWA ACTIVITIES



VTC/ASTC Activities :-

(A) Tuition Classes. Tuition classes for children for class 1st to J^{unior} and 6th to 10th are undergoing at MDC (Path shala).



_____ourse, Your families of the unit are attending online classes of





AWWA ACTIVITIES



AWWA ACTIVITIES :-

a) Mid family welfare meet ürg .Kançhi family. e!före.centre Birth di gifts were presëh.tedto thö children önd f mi!vës duringifi ërööüth Thefwgactivities werehighlighted in theleeorgduringthe same "



(b) **Vis of Chairperson FWO 16 RAPID at SDC.** Mrs Reena Bisht, Chairperson, FWO, 16 RAPID vis at SDC, Abohar Military Station on 24 Jan





AWWA ACTIVITIES



AWWA ACTIVITY ES :-

(c) Kitchen Garden Competition. Kitchen garden competition was conducted for the families of this unit during the month.



(d) **Lec on anger Mgt.** On 15 Feb 2024, a lec was conducted on "Anger Management" by Mrs. Sunanda Bharadwaj at Lachhiman Auditorium for families of Mil Stn Abohar.

