



FAMILY WELFARE MEET: 33 ADSR (AREN)











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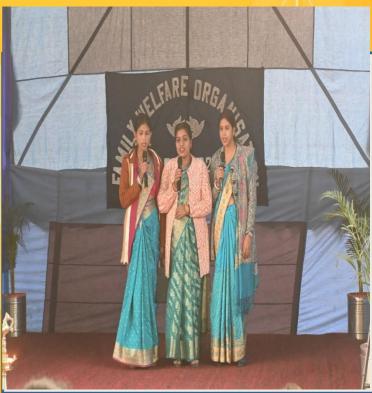






**FAMILY WELFARE MEET: 33 ADSR** 







#### **ENVIRONMENTAL SUSTAINABILITY INITIATIVES: 03 DEC 24**









Attended by 525 families of Offrs', JCOs, ORs

#### **Highlights of Lecture**

- ✓ Use of glassware or steel containers
- ✓ Discourage use of micro-plastics in cosmetics, detergents
- ✓ Use of Menstrual Cups
- ✓ Waste segregation,Composting &Recycling
- ✓ Use of sustainable products at Home and in Regt Guest Rooms etc

<u>Lecture on Minimal Waste and No Plastic Lifestyle by chairperson DOT FWO – 03</u>

Dec 2024















# CENTRAL HEALTH LECTURE ON 24 SEP 2024











CHAIRPERSON DOT FWO FELICITATING WRITING COMPETITION WINNER

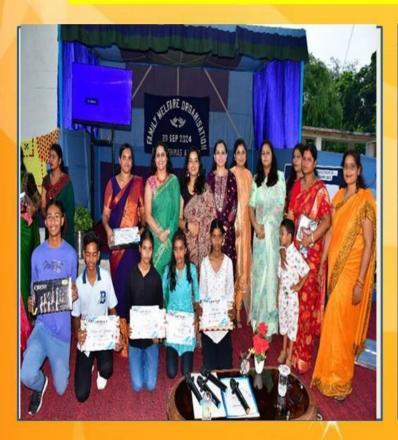


CHAIRPERSON DOT FWO WITH WINNERS





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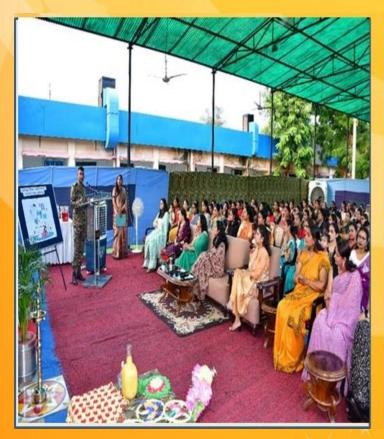
















FAMIY LWELFARE MEET: 33 ADSR) (AREN

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### SKILL DEVELOPMENT (VTCS AND ASTCS)













BRIEF Various activities conducted by this station during the February month as per direction of HQ 33

Amoured Div\son are appended in subsequent paras.

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- (i) ECCE Codrse,forth e.s. 44ion 2023-ÿ4 4tartëd wei 01 Sep 2023. First.dire tions were c rried out on 24 Aug 2023. The table at IOWET had visited and *DiDrmeö* all students aboùtth e col rse and also distributed bourse materials. 4tu dents are attending the same at Abhivyakti, YW at Hisar Mil!tary station
- (ii) Teaching ce of the students the session was carried out from D6 Web 2024 to 21 Feb 2024 at DAPPU (South & Nôrth)

ASSISTANCE BEAUTY THERAPIST COURSE(ASTC). 22 x stu.dint attending the said course visited a civil beau parl.or IN HTsar.city for on job training experience,



# SPECIAL LADIES NELT











final L di.es Meet for the month of Féb 2024 was conducted on 05 Feb 2024 to w om4 Mrs: P.ayal Talwar, Chairperson DOT FWO. Ladies club secretary gave the opening a ér sugn6.:tLs: 61com speech which was followed by medley and question & answer game Finally, the event was concluded by group photo and mouthwatering delicacies.

#### **LECTURE ON SUSTAINABLE PRACTICES**









LECTURE or 's UBT "iNABL6 PRACTICE6. A, 16e @ or 'Sustaidiab' "Practice conducted by Mrs Payal Talwar, Chairperson, DOT FWO at Yodh a Auditorium on **08 Feb 2024**, which was attended by 70 x Offr Ladies of HMS and Faridkot Military Stn. Mrs Payal Talwar enlightened the audience on the fwg issues:-

- (i) Various sources of Waste in household.
- (ii) Ways of easy waste segregation.
- (iii) Men stru al waste and disposal.
- (iv) Everyday hacks for sustainable living.



# AWWA ACTIVITIES



#### SOUTH WESTERN COMMAND INVESTITURE CEREMONY









BDUTI-J 'WESTERN COMMANO INVESTITURE CEREMONY. 40 6 with Command Investiture Ceremony 2024 was conducted at Hisar Military Station on 23-24 Feb 2024. Veer Nari Srimati Shreya Chaudary w/o Maj Vikas Bambahoo was felicitated by Mrs Komal Seth, Regional President AWWA, South Western Command. In addition, an Equipment display, picnic to Agroha Dham and a Symphony Band performance for all the awardees was organised in

#### **WORLD CANCER DAY 2024**





An awareness lecture cum presentation was centrally org by 333 Fd Hosp & 433 Fd Hosp on **03 Feb 2024** at DOT Auditorium. A str of 35 Offrs, 121 JCO's and 396 OR alongwith families attended the same.



# AWWA ACTIVITIES







#### **CANCER SCREENING CAMP**





**CANCER SCREENING CAMP**. A cancer screening camp was conducted by MH Hisar on **05 & 06 Feb 2024** at MH Hisar for all families of HMS. As part of celebration a lecture on awareness of breast cancer was conducted alongwith Bone Densitometry Test. Mrs Payal Talwar, Chairperson DOT FWO interacted with families on **06 Feb 2024**. A total 484 ladies attended the camp over a span of two days.



TATTOO ART COMPETITION FOR CANCER AWARENESS. A Tattoo art completion for cancer awareness was conducted as part of the FWC meet where ladies of the troops participated.



# APS HISAR











Ma Gen.Amv Talwar, VSM, COC 33 Armd Div & Mrs Paya.I Talwar, Chairpèrson DOT FWO visited APS Hisôr on 12 Feb 2024. Mrs Kavitä Jhakad, Principal APS Hisar briefed the GOC and Chairperson on various functionat aspects of the school with special emphasis on future proposal for merger of APS and the DAPPS









DAPPS [N) & {S) Mai Goh Amit Talwar, VSM, GOC 33 Armd Div & Mrs Payal Tamar, Chairperson DOT FWO vfs!te.d DAPPS tS) & (N) Hisar on 13 Feb 2024 and interacted with teach ers & students.