


Abhivyakti

Army Wives Welfare Association (AWWA), an organization that has grown from strength to strength since its inception in 1966 with the guiding principle of "We Care and We Share". It is dedicated to the well-being and holistic development of Army families and Veer Naris. AWWA endeavours to make 'our own' confident, capable and independent.

To tap the immense talent of our multifaceted fraternity, an initiative to organize a Literature Festival was started in the year 2021. 'Abhivyakti' the AWWA Literature Festival is held annually with an aim to foster love for literature and flair for writing in AWWA members. It is a congregation of acclaimed writers, story tellers, journalists, celebrities, influencers and reading enthusiasts under one umbrella. Abhivyakti indeed, has been an enriching experience for the AWWA fraternity to connect with books and ideas, thereby igniting a passion for words in the world around us.

We are ready to enter into folds of Abhivyakti Season-4 being held at Chandimandir under the aegis of Regional AWWA, Western Command. Reverberating with reminiscence of literary hues of previous three seasons, Season-4 promises an enthralling literary journey with the theme "Explore, Express and Experience" wherein, we Explore the rich tapestry of accomplished writers, gain out of thoughts Expressed and enrich ourselves from Experience of connoisseurs of literature.

Let's celebrate the essence of literature by delving ourselves into tales of unwavering valour & resilient motherhood, unravelling the mythical legends, rejoice timeless voices of women writers and soak in immense experience of authors to emerge enlightened and soulfully enriched.





Encouraging The Budding Author

08 November 2024 (Friday)

<u>Time</u>	<u>Main Lawns</u>	<u>Sambandh Lawns</u>
10:15 AM-11:00 AM	Opening Ceremony - A New Chapter Begins: The Grand Opening - Voices Unveiled: Welcome to the Journey - Inspiring Journeys: A Keynote to Remember	
11:00 AM-11:10 AM	Book Launch	
11:15 AM-11:40 AM	Tea Break	
11:45 AM-12:30 PM	Panel Discussion Timeless Voices: Celebrating Women Writers and Contributions of Army Spouses	Panel Discussion Creative Nurtures: The Harmony of Motherhood and Art
12:40 PM-01:10 PM	In Conversation Mythical Modernity: Indian Legends Re-imagined	Workshop (Creative Writing) Ink Your Soul: A Journey of Self Discovery
01:15 PM-01:25 PM	Book Launch	
01:30 PM-02:30 PM	Lunch Break	
02:30 PM-02:40 PM	Book Launch	
02:45 PM-03:25 PM	Panel Discussion Unshackling the Financial Labyrinth	Panel Discussion Narratives Reborn: Adaptive Literature for Films
03:25 PM-03:30 PM	Book Launch	
03:35 PM-04:05 PM	In Conversation India's Civilisational History: A Brilliant Mosaic	Workshop Beyond Magic, Myths & Morals (Writing for Children & Young Adults)
04:05 PM-04:45 PM	Tea Break	
06:30 PM-08:30 PM	Stand Up Comedy Act by Harpriya Bains In Conversation With Pooja Batra Performance by Indian Ocean Band	

Authors' Lounge

<u>Time</u>	<u>Activity</u>
11:45 AM-1:25 PM	Book Reading, Signing & Authors Meet of Launched Books
2:30 AM-4:05 PM	

09 November 2024 (Saturday)

<u>Time</u>	<u>Main Lawns</u>	<u>Sambandh Lawns</u>
10:15 AM-10:35 AM	Keynote Address of the Day	
10:35 AM-10:40 AM	Book Launch	
10:45 AM-11:30 AM	Panel Discussion From Battlefields to Bestsellers	Panel Discussion Growing Up with Stories: The Power of Children's Literature
11:30 AM-11:40 AM	Book Launch	
11:45 AM- 12:15 PM	Tea Break	
12:20 PM-01:00 PM	Panel Discussion Pride in Uniform: Celebrating Army Wards' Achievements	Workshop Story Telling by Visual Narration: Graphics & Illustrations
01:00 PM-01:10 PM	Book Launch	
01:15 PM-02:30 PM	Lunch Break	
02:30 PM-02:40 PM	Book Launch	
02:45 PM-03:30 PM	Panel Discussion Publishing Pathways: Navigating the Industry	Panel Discussion Verses of Modern India: The Poet's Voice Today
03:30 PM-03:40 PM	Book Launch	
03:45 PM-04:20 PM	Tea Break	
06:30 PM-08:00 PM	Stand Up Comedy Act by Neeti Palta Live Performance by Army Symphony Band	

Authors' Lounge

<u>Time</u>	<u>Activity</u>
10:45 AM - 1:10 PM	Book Reading, Singing & Authors Meet of Launched Books
2:30 PM - 3:30 PM	

10 November 2024 (Sunday)

<u>Time</u>	<u>Main Lawns</u>	<u>Sambandh Lawns</u>
09:30 AM-09:50 AM	Keynote Address of the Day	
09:50 AM-09:55 AM	Book Launch	
10:00 AM-10:45 AM	Panel Discussion Rekindling the Habit of Reading	Panel Discussion Digital Narratives: Storytelling in the Age of Screens
10:45 AM-11:15 AM	Tea Break	
11:20 AM-11:40 AM	Conversation with Navtej S Sarna	
11:45 AM-12:00 PM	Closing Keynote Address	
12:05 PM-12:25 PM	Felicitations & Vote of Thanks	
12:30 PM-01:00 PM	Farewell Festivities: The Grand Closing Cultural Extravaganza	
Lunch		

Authors' Lounge

<u>Time</u>	<u>Activity</u>
10:00 AM-10:45 AM	Workshop: Perfecting the Script

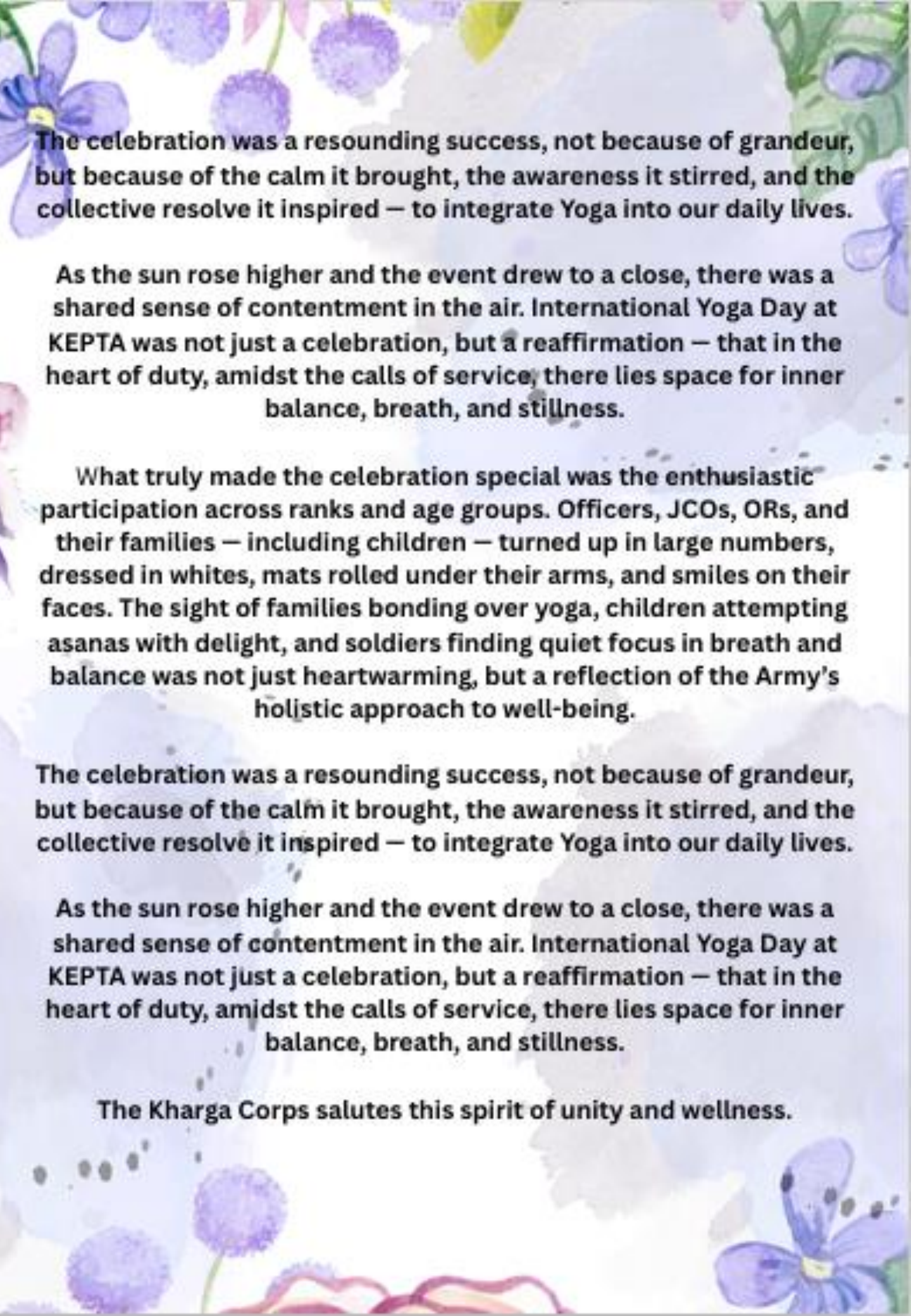
International Yoga Day at Kharga Corps

On the serene morning of 21st June, the Kharga Corps came together to celebrate International Yoga Day amidst the lush green expanse of KEPTA, the verdant golf course that provided the perfect backdrop to an event steeped in calm, balance, and wellness. The celebration was not merely a symbolic occasion, but a genuine endeavour to reconnect with the age-old wisdom of Yoga and embrace it as a way of life.

The event was meticulously organised by the 67 Engineer Regiment, who took full responsibility for planning, coordination, and flawless execution. Their efforts were evident in every detail – from the early morning arrangements to the smooth conduct of the session, ensuring a peaceful, enriching, and rejuvenating experience for all.

Adding immense value to the event was the presence of a renowned Yoga teacher, specially invited for the day. A trained professional with deep academic and practical knowledge of Yoga, she guided participants through a thoughtfully curated sequence of asanas, pranayama, and meditative techniques. Her calm voice, insightful explanations, and graceful demonstration created an atmosphere of harmony and stillness – reminding everyone why Yoga is indeed a journey inward.

What truly made the celebration special was the enthusiastic participation across ranks and age groups. Officers, JCOs, ORs, and their families – including children – turned up in large numbers, dressed in whites, mats rolled under their arms, and smiles on their faces. The sight of families bonding over yoga, children attempting asanas with delight, and soldiers finding quiet focus in breath and balance was not just heartwarming, but a reflection of the Army's holistic approach to well-being.



The celebration was a resounding success, not because of grandeur, but because of the calm it brought, the awareness it stirred, and the collective resolve it inspired — to integrate Yoga into our daily lives.

As the sun rose higher and the event drew to a close, there was a shared sense of contentment in the air. International Yoga Day at KEPTA was not just a celebration, but a reaffirmation — that in the heart of duty, amidst the calls of service, there lies space for inner balance, breath, and stillness.

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The Kharga Corps salutes this spirit of unity and wellness.



11TH INTERNATIONAL YOGA DAY

Intro

1. International Day of Yoga, obs annually on 21 Jun, holds significant imp across India and globally. This day celebrates the profound benefits of yoga, an ancient prac that originated in India. Yoga is not merely a set of physical ex, it's a holistic discipline that unifies the body, mind, and spirit. Reg prac of yoga offers a myriad of advantages, incl improved physical health, enhanced mental clarity, stress reduction, and incr emotional well-being. It promotes flexibility, str and bal, while also fostering mindfulness and inner peace. The widespread observance of this day aims to raise awareness about these benefits and encourage people from all walks of life to incorporate yoga into their daily routines for a healthier and more harmonious existence.

2. Kharga Warriors celebrated the day with enthusiasm and josh. The event witnessed participation from all rks incl the families.

Theme

3. Theme for the 11th International Yoga Day was “***Yoga for One Earth One Health***”. It underscores the ancient Indian philosophy of ***Vasudhaiva Kutumbakam***. This theme advocates for a holistic apch to health, recognising that human health is intrinsically linked to the environment's health.

Conduct

4. The event was planned keeping in mind the bigger obj of promoting holistic living and stress mgt through Yoga. The event was conducted under the aegis of HQ 2 Corps Engrs Br at KEPTA. Approximate str of **1500 Offrs/JCO/OR** incl families attended the event with immense fervour. Lt Gen Rajesh Pushkar, AVSM, VSM GOC 2 Corps and Mrs Anupama Pushkar, Zonal President AWWA were the Chief guests for the event.

5. The lush green envt of KEPTA provided an ideal and serene backdrop for the event, significantly enhancing the participants experience. Fairway No 1 and No 18 were utilised for the same.



6. **Instrs.** The yoga session was expertly led by Miss Dhyutima and Mr. Tejasya Agrawal, the “Yogacharyas” of the day. Miss Dhyutima, hailing from Ambala, is a highly qualified and experienced instr who runs her trg instt namely Dhyutima Ae & Yoga Studio at Ambala. Her impressive credentials incl a Bachelors in Education in Yoga from Punjab University and a Masters in Yoga from Uttarakhand Sanskrit University. She is also a certified sound healer, a certified ae yoga instructor, and also a certified Hath-Ashtang-Anger Yoga practitioner. Her national and state-level achievements in yoga championships further attest to her expertise. Mr. Tejasya Agrawal, who assists Miss Dhyutima at her instt, provided valuable sp during the session.



7. **Conduct of Yog-Asanas.**

Key aspects incl starting with a warm-up to prep the body, followed by slow, cont mov into and out of each pose. Sync breath with mov (Vinyasa) was incorporated by Miss Dhyutima. The sequence and types of asanas incl during the conduct is as tabulated below:-

<u>S.No</u>	<u>Asanas</u>	<u>Ex</u>	<u>Remarks</u>
(a)	Opening Practices.	<ul style="list-style-type: none"> ▪ Om Chanting ▪ Kapalbhaati 	
(b)	Sukshma Vyayama	<ul style="list-style-type: none"> ▪ Ankle Flexion and Extn ▪ Knee Flexion and Extn ▪ Hip Flexion and Abduction ▪ Shoulder Rotation ▪ Wrist Flexion, Extn and Rotation ▪ Neck Flexion and Extn 	Subtle Ex
(c)	Standing Asanas	<ul style="list-style-type: none"> ▪ Tadasana ▪ Triyak Tadasana ▪ Kati Chakrasana ▪ Utkatasana ▪ Utthita Hasta Asana ▪ Trikonasana ▪ Vrikshasana 	30 s each
(d)	Prone Lying Asanas	<ul style="list-style-type: none"> ▪ Bhujangasana. ▪ Shalabhasana ▪ Dhanurasana ▪ Shashank Bhujangasana 	30 s each
(e)	Sitting Asanas	<ul style="list-style-type: none"> ▪ Vakrasana. ▪ Janu Sirsasana. ▪ Paschimottanasana 	
(f)	Spine Lying Asanas	<ul style="list-style-type: none"> ▪ Leg Raise. ▪ Viparita Karani Asana. ▪ Setu Bandhasana. ▪ Jathara Parivartanasana. ▪ Savasana. 	
(g)	Pranayama	<ul style="list-style-type: none"> ▪ Anulom Vilom - 2 to 3 minutes. ▪ Bhramari 	
(h)	Closing	<ul style="list-style-type: none"> ▪ Shanti Mantra 	

8. **Participation.** The one hr yoga session saw enthusiastic participation from all rks, encompassing Offrs, JCOs, OR and their families, who engaged with full fervour and dedication.





9. **Felicitations.** *Yogacharya's* clear guidance and enthusiastic apch ensured that all participants, regardless of their prior experience, could comfortably engage in the session. The event concluded with the felicitation of the instrs by Mrs. Anupama Pushkar, Zonal President AWWA, a fitting recognition of their valuable contribution.



Conclusion

10. The 11th International Yoga Day celebration at KEPTA was a highly successful and well org event that effectively promoted the spirit and benefits of yoga. The enthusiastic participation of approx 1500 individuals, coupled with the expert guidance of *Yogacharyas*, created a vibrant and positive atmosphere. The choice of KEPTA's lush green envt was commendable, providing an ideal setting for the prac. Such events play a crucial role in fostering a healthy and well-being-oriented lifestyle within the armed forces community and their families. The continued commitment to observing International Yoga Day with such fervour will undoubtedly contribute to the overall physical and mental wellness of all involved.