

# Abhikhya

Quarterly Magazine  
of

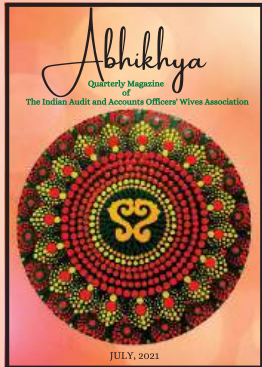
The Indian Audit and Accounts Officers' Wives Association



August, 2021

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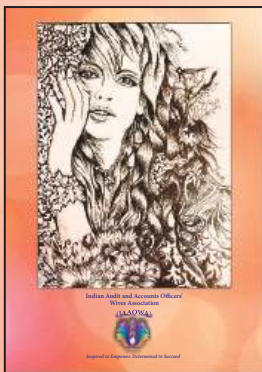
**Pic. by**

*Ms. Priya M*

**Design by**

*Dr. Astha Giri*

## Back Cover



**Pic. by**

*Ms. Treeparna*

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# PATRON'S MESSAGE



**Dr. Smita Murmu**  
**Patron, IAAOWA**

Warm Greetings to all the readers of this magazine! It is my proud privilege to pen a message for the inaugural edition of this magazine – *Abhikhya*, which embodies beauty in all aspects of the IA&AS family. The Indian Audit & Accounts Officers' Wives Association (IAAOWA) thought about bringing together the IA&AS fraternity, by sharing what it does and the amazing talents that the members have – can all be seen in *Abhikhya*.

As always, I am amazed at the diversity of creativeness that we have in our midst. *Abhikhya*, to be brought out quarterly, has been designed by our members; it contains talents as poetry, prose, paintings and even photographs from our creative members – tiny tots to grown-ups.

In line with the COVID times, and within our responsibilities of not adding to the carbon footprints, we have decided to keep the editions digital. This will also enable greater accessibility and a wider readership.

I congratulate the editorial team of *Abhikhya* for producing such a fine quarterly magazine with perseverance and creativity; and also laud the dedicated efforts of all the members who have stepped forward to contribute for the magazine. How could I forget the little wonders, our children, who have shared too to make this magazine a reading delight!

I hope you all enjoy reading *Abhikhya* and continue sharing your talents with the IA&AS family.

Happy Reading!

**Dr. Smita Murmu**  
**Patron, IAAOWA**

# PREFACE BY PRESIDENT



**Ms. Alpana Prasad**  
**President, IAAOWA**

Dear Friends,

On behalf of IAAOWA, I welcome you all to the first edition of *Abhikhya*, a magazine for us, by us.

These are challenging times - marked by struggles, whether to stay healthy, protect family and friends, help the poor and needy, or a sense of who we are in the face of such unprecedented calamity. We have adapted to the new normal, overcame the struggles and moved on with life and livelihood.

With the collective effort of the entire team and under the able guidance and direction of our Patron we were able to launch our new logo with a pledge to be “*Inspired to Empower. Determine to Succeed*”.

This year we welcomed lady officers of IA&AS to our association for the first time and launched a Pan-India women's group that has members from the service who are posted outside of Delhi. This was a much needed change with a positive impact as it will help in continued bonding.

We are blessed to have so many volunteers who care deeply about the cause of bringing the IA&AS family together and work for the welfare of the society. They are doing selfless service in making the association grow stronger by the day. I am thankful to them for making this effort while coping with their busy lives.

This year we planned many activities to show kindness through service. I urge you all to actively participate in associations' work. You can serve, donate or show love and empathy. We need each one of you to come forward as you are unique, special and bring to this world something that no one else does.

I am grateful and humbled at this opportunity to be president of IAAOWA, let us work together for a glorious future.

My best wishes to all of you for health and happiness.

Warm Regards,

**Ms. Alpana Prasad**  
**President, IAAOWA**

## *From the Editor's Desk*

Dear IA&AS Family, we hope you all are keeping safe and well during these uncertain times. As you all know, the Indian Audit & Accounts Officers' Wives Association (IAAOWA) is one of those branches of the IA&AS family that really believes in staying together. We do this by organising events both cultural and social; and we soon realised that during these uncertain times, we need to bring the IAAOWA family even closer - not just those who are posted at New Delhi, but also our families spread across the country and abroad - and that's how the idea of *Abhikhya*, IAAOWA's quarterly magazine was born.

*Abhikhya* means a beautiful woman in Sanskrit; and this is an attempt by IAAOWA, to celebrate the beauty inside each one of its readers... especially as a tribute to women - lady officers or officers' wives, who have the beauty to gracefully manage every aspect of their lives; and kindle the spirit of creativity to go with it!

Through this e-magazine, we would like to reach out and bring closer all members of the IA&AS family. In this inaugural edition of *Abhikhya*, we bring to you talents of poetry, story telling, art and photography! We have couplets in Hindi and English poems for the soul; we have for you stories by our very creative young minds; we share with you the activities IAAOWA successfully conducted facing the limitations placed by COVID-19; and handicrafts and painting from some very talented hands! Wearing masks has become a part of our lives nowadays, and so we also have some skin care tips!

As a team, we are grateful to the contributors for their overwhelming response towards our inaugural edition. We are also grateful to our Patron Dr Smita Murmu and President Ms Alpana Prasad for their constant support and encouragement, without whom, this magazine would have remained a dream.

Dear readers, do have a look at what's coming up in our next edition! We look forward to you sharing your musings and talents with us again. We also hope that you enjoy reading this edition as much as we enjoyed putting it together for you! Happy Reading!!

With the Warmest Regards,

**Ms. Jeethu Elza Cherian**  
Editor

**Dr. Astha Giri**  
Assistant Editor

**Dr. Arpita Desai**  
Consulting Editor

# Editorial Team

Professionally, Jeethu is a political communications and public policy analyst. With a Masters in International Relations from London Metropolitan University (UK), she has worked in varying capacities for the BBC, UNICEF and the US Embassy in India. She is currently working as the Research Officer with the Department of Defence, at the Australian High Commission New Delhi. She is a full-time nerd with a love for country music, contemporary dancing and good food! She is the spouse of Mr. Deepak Mathews (Batch 2009).



*Editor - Ms. Jeethu Elza Cherian*

Professionally, Dr. Astha Giri is an assistant professor of Biochemistry at the Deshbandhu College, University of Delhi. With a Ph. D degree in Microbiology from the University of Delhi, she has worked extensively on drug resistant tuberculosis (TB) and its implications on the Indian population. Since 2019, she has been a part of IAAOWA's Executive Committee and currently is also the Treasurer of the association. She enjoys travelling and dancing; and is passionate about painting! She is the spouse of Mr. Mrinal Chawla (Batch 2014).



*Assistant Editor - Dr. Astha Giri*

Dr Arpita Desai is a Dermatologist, Cosmetologist and Trichologist from Mumbai with an experience of 14 years in this discipline. She is a member of various associations like Indian Association of Dermatologists, Venereologists and Leprologists (IADVL), Cosmetic Dermatology Society of India (CSI), and Association of Cutaneous Surgeons of India (ACSI) in her field. For her skills and dedication, the Kaya Skin Clinic presented her with the 'Business Excellence and Customer First' Award. She is also the Joint Secretary of IAAOWA. She loves travelling, music and good food; and has an awesome sense of humour! She is the spouse of Dr Vishal Desai (Batch 2010).



*Consulting Editor - Dr Arpita Desai*

# *Kidspace*



Dried leaf painting by Master. Aaditya Ishbaque Dungdung

*Creativity from the little hands.....*



*Aaditya Ishbaque Dungdung*

## *Be the Change You Want To See..... .....My Journey Towards a Better World!*

*\*By Aashvi Parikh (With Mom)*

(Year 2020) My life was as **happening** as you could imagine for a soon-to-be 8 year old child- exciting school, playful **friends**, doting **family**! Leave aside the fact that the “C” thing (need I say it fully?!) had struck our world and thrown normal life off track, things seemed **pretty okay** to me. Till that day in September (the birthday month of *yours truly*!) when I asked my Mom a seemingly normal **question**.... “Can plants survive without humans?” When she answered yes, my next question was “*Can humans survive without plants?*” You had to see her face to believe it!! I started to wonder if this look forebode a **time-out** for me, when she solemnly said, “No, my dear, humans cannot survive without plants”. Little did I know that these small questions of mine would open the doors for me and my friends to..... Okay, wait a minute, I can’t unravel the **surprise** immediately about what happened finally!!

The next weekend (after my fateful questioning spree) I saw Mom **frantically** search the internet for some environmental stuff- I know that because I was trying to get her laptop to do my **school assignments** (alright, you got me! I really wanted to play games on it! Give me a break... I’m a normal kid!). Then after a few phone calls with mothers of my iCISA friends, my Mom beckoned me to discuss something....

Needless to say, I was expecting the worst- a discussion with my mother *after* she had spoken with my friends’ Moms could only mean trouble!! But **wonder of wonders**, what a surprise was in store for me! Mom asked me if I would like to start a Club through which **my friends and I** could help save nature and protect the Earth. To say that I was excited would be an understatement because this sounded **BIG**, but before that I just had to ask her the **million-dollar question** - “Mom, what’s a



Club?” She burst out laughing as it was a totally unexpected query from a kid who had just then jumped at the idea of a Club!!

Anyhow, Mom explained to me how we would all be part of a group and take up activities to *preserve* Mother Nature. She made me believe how we all will be able to cultivate *love and sensitivity towards nature* with these activities and create a bond for life with our environment. Soon we got down to deciding a name and agreed on “**GREEN RANGERS CLUB**” because it seemed to reveal our true aim of forming this group and also made one feel like a warrior for the environment.

I was so happy when my friends agreed to become Green Rangers and their mothers were also very *enthusiastic* about it. Because of the “C” spread, we couldn’t do activities together in a group, but used this time to do many others like adopting a plant/ planting in our homes; **dry leaves art** to increase creativity through nature; save-the-environment drawing activity on environment day; *best-out-of-waste* challenge; making a *nature wall-hanging*; and so on.

Like it is said that *change* starts from within, that’s why we Green Rangers will spread the message far and wide through our big or small actions to save our **beautiful world**.



*October 2020: iCISA Green Rangers after completing the find-your-tree activity*

This completes my story, or rather defines the beginning of my journey, along with my *Green Ranger friends*, towards ensuring a wonderful future ahead for each of us. Now, when I look back at last year, I realize that the Green Rangers Club was, and will remain, the **best gift** I got on my birthday- a gift to *save my tomorrow!*

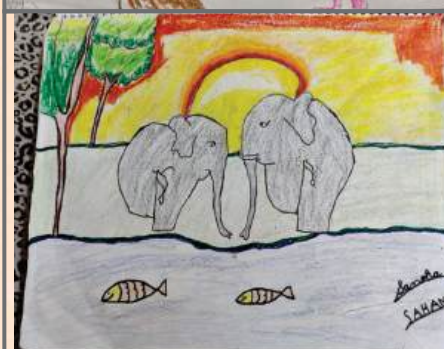
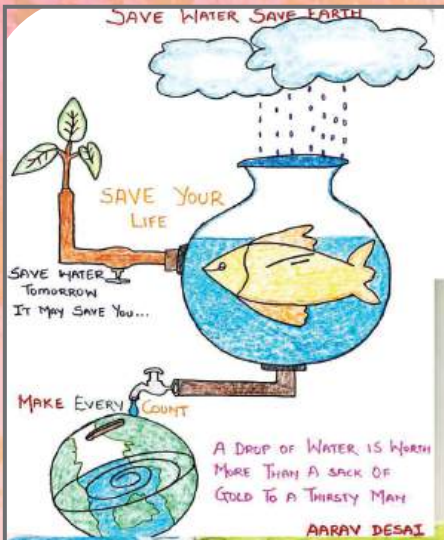


-AASHVI PARIKH

*(With Mom)*

*(To join the Green Rangers initiative, irrespective of location, please email- priya1508@gmail.com)*

# "ENVIRONMENT DAY DRAWING ACTIVITY BY ICISA KIDS"



## Hoopa & Loopa

Once upon a time there was an alien who had a little brother named Hoopa. The alien's name was Loopa.



Hoopa and Loopa were both boys. Hoopa was a human and Loopa was an alien. Loopa lived on the Moon and Hoopa went to Earth. When Hoopa grew up he became an astronaut. Loopa, who lived on the Moon, was visiting Earth. Loopa wanted to visit his brother Hoopa. Loopa said that he could visit Hoopa between 6:00 and 8:30 because Loopa had to find food. It was hard finding food on the Moon. Loopa was in a hurry because Hoopa's rocket ship was about to take off. But his brother Hoopa already took off. So he went back to the moon. Loopa found Hoopa collecting moon rocks. It was 7:00 so Loopa could stay for 90 minutes. Hoopa and Loopa talked and played with the moon rocks Hoopa collected. It was 8:30 so Hoopa flew back to Earth and Loopa started collecting food. Luckily, Loopa found some food to eat. Meanwhile Hoopa ate dinner and went to sleep.



The End



Raghav Choudhury Shukla  
Age 6.5 years

## ***A Glimpse into The Zehak Project: The Need for Good Mental Health***

We, as a country, have come a long way from where we started all those years ago. We have learnt and unlearned a myriad of things. We have adapted ourselves to the changes that have come along, but there are a lot of things that we still need to learn about and adapt to. One of these topics is the importance and need of good mental health.

As the younger generation is becoming more aware about all that is going on around the world, they are starting to learn about the importance of mental health. They are educating themselves and have started to realise that they are the ones who are responsible for their own health-physical and mental. However, there are still a large number of people who are unaware or are unable to talk about the issues they are facing. The leading reason for this is the stigma that is around the talk of mental health. Even after the increased awareness around this topic, there are people who still do not want to open their eyes and accept the fact that mental health is a very important topic.

Lack of knowledge about mental health is the number one issue that creates this hurdle in accepting the presence of mental health issues. To overcome this the youth are trying to take their own little steps. One such step is The Zehak Project, an organization that strives to create an environment that is much more accepting of every human being and has knowledge about a topic that has been stigmatized for way too long now.

The Zehak Project is an organization that is founded and run by students. One of the student volunteers of this organization is me. I have been attached to this organization for 7 months now and I have learnt a lot of new things during this time.

The Zehak Project came into being around the same time as the COVID-19 pandemic hit India. Everyone was suddenly stuck at home and trying their best to get through. During this time of loneliness and adapting to stay within the norms of the times, some may have forgotten to take care of themselves mentally; and some may have finally realized that it's time to start taking care of it. This is where the organization comes in. The organization provides our clients with affordable counselling sessions at the clients convenience.

With 15+ professionals and 30 student volunteers we aim to create an all-inclusive society that is aware about mental health and is much more tolerant towards concerns relating to it. Our collective effort tries to educate the people around us with the help of social networking sites, workshops and talk circles. We have been working online for a year and look forward to going out in the community to help people around us. Soon we would be starting in-person operations and hope to reach a larger audience through it.

*August, 2021*

Our main aim is to get the needed mental health guidance to the people who need it at affordable prices and in an easily accessible manner. We wake up every day with the aim of putting more information and knowledge out there that would help people not only accept and love themselves, but also others. While operating mainly via Instagram, with every post, we hope to create a much more loving community. Each post is deeply researched and created with hours of effort from our volunteers, while catering to educating and advocating wellness and mental health.

We have a long way to go but we hope to create a more accepting and loving society one day at a time.

We can be found on Instagram @thezehakproject and our website is [www.zehakproject.in](http://www.zehakproject.in)  
(email: [thezehakproject@gmail.com](mailto:thezehakproject@gmail.com) )



**Zuha Jahangir Inamdar**

## A Space Adventure

Emily, Star and Crystal were watching TV at Emily's house. They were watching a show on astronauts, where they were teaching how to make a rocket out of parts and things that you have at home. The girls thought that was super cool and they went to Emily's parents and asked them if they could give them the things. They did, but the problem was that Emily's parents had pieces that were big and they were not able to cut them or make them small. So, the girls thought that they would just make a big rocket and maybe have more fun.

After hours of work, they finished and the rocket was big for all of them to fit in. The girls were amazed!! Wait, Crystal started wondering if they could go to space in this rocket and if it would work. They asked Emily's and the other girls' parents but they just laughed and said "Like, seriously what?" But, the girls were smart and told the parents "we can do it, just believe in us".

The three friends tried and tried for days but the rocket wasn't working. Then on the sixth day, it happened!! The rocket was ready, so they put in the fuel and they took some extra fuel... just in case. They were ready to go; they put on helmets and space suits and went inside the rocket. They said goodbye to their parents and got ready for take-off. They switched on the launch button and counted down for 10 seconds. Then the rocket launched into the sky!!

It was amazing that they were in space!! But they didn't want to explore their own galaxy. Astronauts were doing it already. They were planning to explore new galaxies and new planets. But it would be hard to explore all galaxies and all planets at one time. So they thought to explore one planet in as many galaxies as possible.

The first galaxy's name was "Bipiti Bapiti Boo". This galaxy was funny because the planets were not in order, two were in the same orbit and a few were almost going out of the galaxy. It was all really weird. The girls decided to go to the planet named "Cushion Cushioned"; and it was softer than a bed! The girls jumped on the planet like jumping on a bed, which their parents would never allow. When they were jumping, and jumping, they found a little creature and it was a space puppy! They thought the puppy was lost on the planet and they were right. So they took it to their rocket and flew out of that galaxy. They named the puppy, Elvis.

The next galaxy was "Tun Bloomer". All the planets were like flowers and leaves. The next planet they went to was named "Floral Smelly". It had beautiful flowers like roses and tulips. Elvis kept on sneezing and it was so funny! Star and Crystal thought Elvis was not liking the scent of the flowers and so sent her back to the rocket and started exploring the planet themselves. They took some beautiful flowers from there and went back to their rocket.

The next galaxy was "Elly Pelly Boo". The girls saw that this galaxy had 80 planets and they got confused about which planet they should go to. They went to the planet which was farthest in the galaxy. This planet's name was "De-Spin". This was a really spiny planet and the girls got confused which way to go. Then two little creatures came and started poking them; but the girls did not hurt them.

Then the three girls saw a little dress, a face and a crown. They found out that it was the queen of this planet. This was the first planet they found a lot of creatures on. The queen and creatures had a different language. But Star had an alien language translator. She never believed in aliens but had kept one, just in case. So, she translated what they were saying and heard them saying, "please don't hurt us". Girls said they won't hurt anyone, they just came to meet them and were going back now.

Oho! But something was wrong! Their rocket was out of fuel. The girls found out that the extra fuel they brought had also finished!! They got scared. They requested the queen to help them. The queen said yes she would. But the problem was, the queen had only one drop left of that kind of fuel. Though, they had tonnes of different types of fuels. Girls asked if there was a scientist here who could help them. The queen sent their scientist, who said that she could make a lot of that fuel and needed just 20 minutes. After 20 minutes, she came out with a giant laser ray and said that this could help them to make the bottle with a drop of fuel bigger. If the bottle got bigger, so would the drop. When she did that, the girls used the bigger drop to fill the tank of their rocket and it was working again. However, their space puppy liked that planet and the queen loved the space puppy. So they gifted the puppy to the queen. They thanked the queen, the scientist and the other creatures on that planet and went off.

The girls wanted to explore other galaxies but they knew now that they didn't have enough fuel left. So they decided to go back to their home. They told this entire story to their parents. The parents didn't believe them but the girls thought about how they would tell this to their teacher, since they had a project of writing something about space. When they told the story to their teacher, she said that next time she would also join them for the bigger space adventure!!

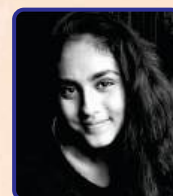


**Aadhya Singhvi,**  
9 Years old.



## THE GRIEF THAT ISN'T MINE

*My swollen belly nurtures grief  
that isn't mine,  
pregnant with your hurt.  
My bruised body bleeds out the  
gore of your lineage,  
Like a sailing ship sighing at the sight  
of an arriving storm.  
I wax & wane  
honouring  
your heart's vacillation.  
Little by little I learn to mirror,  
The way your lower lip quivers.  
I learn to grasp the language  
of your unsaid words,  
the loudness of your silence.  
I begin by absorbing in the heaviness  
of your eyes,  
of your shoulders weighing  
your body down.  
Then I observe you breathe,  
mimicking each growth in your chest,  
till the gnaw in your stomach  
becomes one with mine.  
Like a mother  
let me,  
with tender hands,  
feed your sorrow  
till it ripens,  
outgrowing  
your bereaved body.*



Ms. Dipra Singh

# *Musings*



Photograph Title: Sun over Chenab; by Ms. Sakshi

*Reflections, thoughts, opinions  
and much more.....*



**Ms. Sakshi**

## ना जाने कहाँ से आ गया

पहले ही दुनिया में इतनी समस्याएँ कम थी क्या,  
कि ना जाने कहाँ से कोरोना आ गया,  
भुखमरी, बेरोजगारी और न जाने किन-किन  
समस्याओं से इंसान मर रहा था,  
और ये सबको फिर से मारने आ गया,  
आया तो आया,  
लेकिन खौफ भूतों वाला लाया,  
न साथ रहते ही बने, न डर कर भागते ही बने,  
ऊपर से इसे भगा भी तो नहीं सकते,  
सारी दुनिया परेशान है,  
सबका इस लाकडाउन में हाल बेहाल है,  
कभी तो लगता है कोरोना ही कल्की का अवतार है,  
जो सभी पापियों का संहार करने आया है,  
तभी तो इसका कोई इलाज नहीं,  
क्योंकि यह स्वयं कालों का काल है,  
आँखों से ना दिखने वाला यह जीव वास्तव में  
ना जाने कितना विकराल है,  
मेरी मानो तो भैया एक बात कहूँ,  
जैसे जीते हो वैसे ही जीयो,  
खूब खाओ और ऐश करो,  
अब इसकी आदत डाल लो,  
कल ना जाने चीन को फिर खुराफात सूझ जाए,  
और जाने फिर से कोरोना पार्ट-2 आ जाए।



सुश्री शिखा उपाध्याय

## चाँदी की पोटली

रात चुपके से  
चाँद घुस आया कमरे में  
मूंदी पलकों पर  
थपकी दे जगाने लगा  
उनींदी मेरी आँखों से  
बतियाने लगा।  
मैंने पूछा  
धवल चाँदनी कैसे बिखेरी है  
पूछा  
शीतल हवा कैसे सो रही है  
बेसबब  
वो मुसकुराया, खिलखिलाया  
बरस पड़ी चाँदनी  
नींद की पालकि पर सवार  
उठा लिया एक चाँद का टुकड़ा  
बान्ध ली चाँदी की पोटली  
मंदमंद चाँद का टुकड़ा  
खिड़की से झाँका, भागा  
रात के अंधेरे में  
चाँदनी को ढूँढ़ता  
बादल के दामन में  
गोते लगाता  
चाँद  
चाँदनी छोड़ गया।



सुश्री मधु बजाज

## चलो कुछ यूँ भी किया जाये ...

चलो कुछ यूँ भी किया जाये .....

जिंदगी की सीप से  
अनुभवों के मोती बटोरे जायें,  
हर बाधा को मान कर अवसर,  
खुद को थोड़ा और निखारा जाये .....

स्याह सी लगें कभी ये अनसुलझी जीवन की राहें  
उम्मीद की लौ भी हो गर धुँधली सी ही  
क्यों न इसी शमाँ के सहारे,  
जिंदगी को थोड़ा और रोशन किया जाये ...

राह में जो आये कई मोड़,  
हर मोड़ के संग नये संघर्ष और बदलाव के पल,  
क्यों न इन्ही पलों से चुनकर  
इस वक्त को थोड़ा सा सँवारा जाये .....

तो क्या, गर छूटे मंजिल कई और बिखरे सपने अनेक भी,  
हासिल तो फिर भी हुये अमिट एहसासात कई,  
क्यों न इन्ही को पिरोकर शब्दों में,  
एक नयी कहानी को लिखा जाये .....



सुश्री अनिता सिंह

## कुछ आशार आप के नाम

गुफ़्तगू तो महज़ इक बहाना है..  
हर सवाल में जवाब शामिल है ।

ये मेरी नज़र की गुस्ताखी है ...  
या तेरी नज़र कर रही है बात मुझसे ।

इक अजब सी बेकरारी है हवाओं में ...  
किसी ने किसी से बात की है अभी ।

कुछ ख्वाहिशों का मुकम्मल हो जाना ...  
तन्हाई को तनहा कर जाता है ।

कहानी भी उसकी, किरदार भी उसके ..  
आपको और मुझे फिर उलझन कैसी ।

क्या गुज़रती होगी खुदा पर जब कहते हैं लोग ...  
एक जन्नत और भी है, इस से भी ख़ूब ।

इश्क़ कर लिया खुदा से ..  
हमसा चालबाज़ कौन होगा !

मुझसे क्या गुनाह करवाया होगा उसने ...  
मेरे हक़ में सजा - ए-ज़िंदगी लिखने से पहले ।

जो दिल में सोज़ है, ग़ार क़लम में वो रवानी होती ...  
हम भी लिखते कुछ ऐसा जो खुदा का दीदार होता ।

इस बार रोए हम तो आँखें नम ना हुईं...  
कि हमारी उदासी से अब अश्क़ भी रहे बेख़बर।

अश्क़ किसी के जमीं को नम करते रहे ...  
और वोह बारिश की बूँदों को हथेलियों में समेटता रहा ।

हमारी ख्वाहिशों पर ऐतराज ना कीजिए ...  
हमें एक और जनम की सज़ा से बचा लीजिए।



अमन दीप चट्टा  
आइ ऐ ऐ एस (1992)

## बचपन

पक्की निम्बोली में स्वाद अंगूर से भी ज्यादा था,  
डाल से तोड़ के खाए जो अमरुद, ज़रा कच्चे थे,  
एक ज़माना था वो ,के हम भी कभी बच्चे थे,

आम की कैरी संग स्वाद तेज़ चूरन का,  
कभी चटखारे इमली की मूंदे पलकों को,  
तलाश मूंगफली दानों की छिलकों के तले,  
और भुनते हुए भुट्टों के मुन्तजिर चेहरे,  
शदीद ख्वाहिशें थी, दिल के मगर सच्चे थे,  
एक ज़माना था वो ,के हम भी कभी बच्चे थे,

सोंधी सी साँसों में घुलती ताज़ा गुड़ की खुशबू,  
बुलावे देती थी, यूँ फ़ैल जाती थी हरसू  
कहीं अलाव में पकते हुए आलू कि लगन,  
ज़रा से हलवे की मिठास में थे मस्त मगन,  
बताशे लगते मिठाईयों से भी अच्छे थे,  
एक ज़माना था वो ,के हम भी कभी बच्चे थे,

भोला सा , मीठा सा, प्यारा सा, सलोना बचपन,  
लगे पकवानों की लज़ीज़ किसी थाली सा,  
नज़र के सामने तो आज भी परोसा है,  
गोकि खा लेने की अब सख्त सी मनाही है,  
उम्र का तोहफा उफ़्र, कैसी ये तबाही है.



रश्मि अग्रवाल,  
भारतीय लेखापरीक्षा एवं लेखा सेवा , (1994)  
महानिदेशक लेखापरीक्षा (नौसेना)

## *When the House Becomes Home...*

*\*Anonymous*

Life, as I see it from my end, has been an endless succession of living in government houses, in different cities and countries. This time, as I settle down with my family amidst the cacophony of the national capital, having moved house and city yet another time, I wonder, at what point does ill-planned government houses become our homes. What changes our perspective? Is it some magical moment or some experience? Or is it a slow, fuzzy process which catches upon us while we were busy doing something else.

Does it happen when we put our knick knacks and imprint the nooks and corners? Or, is it when some familiar smell starts wafting from the kitchen? Maybe, when everyone finds their favourite cozy corners to curl up, it feels like home; or maybe when those impersonal walls start bearing our prints, our family photos, or some smudgy and recalcitrant hand prints just beside carefully chosen art. It most definitely starts, when the house starts echoing with the laughter of family and friends. It may not be possible to pinpoint a moment when the house starts living our stories, stories that make us laugh and smile, stories that make us cry, and stories that never fail to elicit a response. But, it sure does happen.

There are many translucent ways to mould that concrete structure into one's own. Something which cannot be zeroed down to furniture or fixtures or artifacts. And for that, we don't need to own it, or build it from scratch. I think we all are inherently blessed with the talent of turning a house into a home, even though it may never belong to us.

With so much emotional investment made, it always pains to leave one place and move to another, no matter how much you hated it, at first. It's easy to pack your belongings and home in more than a couple of boxes. It's not easy to pack your memories and life. Where would you keep them so that even time doesn't blur them? Would it be possible to infuse life into friendships, even though we are far apart now? Will we be able to borrow a couple of minutes from life and reminisce about the past? Who knows? But it doesn't hurt to be hopeful.

It may take some time before this city feels like home; and still some more, before the local vendors know me as usual and start give me a knowing smile. But, I know, it will happen. There will be a time, when not only the house but the neighbourhood and the city, as well, will feel like home. Till then, it will be just me, yearning for my old place, stashing away memories at some safe corner of my heart.

A little soul here. And a little bit of me there.

Home is everywhere. Yet I am nowhere.

Homesick for all those places.

## ***What I Left Behind.....***

*(This creation is absolutely fictional..... any resemblance to even the poet is purely coincidental!)*

*Someone calls me from far behind  
A voice seems to reverberate through my mind,  
I struggle to hear the sound unheard...  
Trying to make out a figure so blurred,  
Memories come and go, leaving me clueless still,  
If I can't find the connection now, maybe I never will.  
Who is it, toiling to make her presence known?  
What does she want, should be shown?  
I wonder if I'm hallucinating or if it's really true,  
That with the sound of my heartbeat, another heart beats too?  
Enticing is the path that lies ahead of me,  
But curiosity makes me look back and see -  
Far away at a distance I left behind,  
A familiar soul I desperately search to find.  
But all I get is the silence all around,  
So where is my lost friend and her unmistakable sound?  
And it is then that something nudges at my soul,  
Making me realise what I forgot midway in pursuing my goal.  
In a world where mortal desires try to chain the mind,  
Beckoning me was my free spirit that somehow I had left far, far behind .....*



**Ms. Priya Parikh**  
(IAAS 2006 batch)



# ***Making an Impression***

## **(Interview tips for young adults)**

We've all probably seen those scenes in movies where the hero goes into the wrong room and makes such an impact on the panel of judges, that he either gets kicked out right away or else impresses them so much that they give him the job, even though he isn't the smartest candidate present!

Well, in real life, as you will realise, the better prepared you are, the greater the chances that you will be selected for the post or admission you want, or even get the visa or scholarship you've applied for. So how can you prepare yourself? What does the interviewer look for? What kind of effort should you make? Here are a few general guidelines which should help you make the right impression, and improve your chances of being selected. Of course, you will need to adapt them to whatever you are aiming for, but these basics will give you a good foundation for any kind of selection process.

The four factors to address are the four P's - Presentation, Personality, Paperwork and Preparation.

### **Personal Presentation**

Make sure your attire is professional-looking, clean and ironed. The clothing need not be new, but it must look like you take pride in your appearance. Your hands should be clean, hair combed and tidy, shoes polished; and there should be no holes or stains visible in your clothes. Your objective is to appear neat and smart, but neither flashy nor heavily made up. This is especially important if the role you seek requires its staff to wear a uniform, as a prospective employer will assess whether you will represent the company well in your prescribed clothing. Do aim to arrive early, making allowance for traffic delays, giving yourself a few minutes to freshen up in the venue washroom as well as find the interview area in good time. While waiting, sit upright, but relaxed, and try not to fidget or stare at others, as it is not considered polite. Ensure you have had a meal, but carry an energy bar or some fruit and a bottle of water with you. The selection process can take a long time, and there is nothing worse than feeling weak and faint due to hunger, when you want to appear at your best.

### **Personality**

Even if you are nervous, which is natural, try and greet everyone politely; smile when being introduced; and make good eye contact. Avoid pushing forward; give way courteously to others. This applies equally to the other candidates around you; after all, they are also nervous and may well end up as your colleagues. Being considerate and helpful will not just help you relax, but will also enable the interviewers to see you as an asset to any team.

### **Paperwork**

Carry a folder with your original documents as well as self-attested photocopies, some passport sized photographs, a pen and a glue stick. Having all the documents that the interviewers have asked for, as well as other relevant papers such as sports certificates, evidence of additional achievements, and social work done, will ensure you don't have to struggle to substantiate your responses. It will also ensure that you come across as well-organised, and therefore likely to be reliable in future.

## Preparation

Do your homework! If you are applying for a visa, check whether you need to prove how much money you have, or whether you have property, or what you plan to study. If you are applying for a job, research the company, understand its work ethos, memorise some facts about its performance and mission statement. If you're competing for a scholarship, read about the institute, find out about previous recipients, think about your subject, and why you want to pursue it. These things will give you an edge over other applicants, as well as the confidence of knowing at least a few relevant facts about your objective.

Try and arrange a few practice “Question & Answer” sessions with a trusted friend or family member. The basic interview questions will revolve around you: your strengths, your abilities, your vision, your achievements, your weaknesses, your reasons for wanting the job or placement. If you have practised answering such questions in private, and made (and addressed!) your mistakes in a safe space, you will be able to answer questions in the real venue with much more assurance, and much less groping for words.

In a nutshell, the secret of a successful interview is to work hard to prepare for it, and to be true to yourself and your goals when you respond to questions. What could be better than a keen, honest, hard working applicant? Even if you do not get selected, the experience will stand you in good stead for future interview processes.

*All the best in your endeavours. Go forth bravely- the world is waiting for you!*



*Ms Susan Vishwanathan*

*(Susan Rodrigues Viswanathan worked for an International Airline for over 30 years. As part of her role, she conducted recruitment campaigns for International Cabin Crew in India, Bangladesh, Japan, Singapore and Argentina, and interviewed and trained Senior Cabin Crew in India, Bangladesh and Egypt.)*

## ***FACE MASK and SKIN CARE***

Masks play a vital role in reducing the spread of Coronavirus. Masks can also be hard on your skin, causing problems that range from acne and peeling of skin to rashes and itchiness.

Wearing a face mask has become a way of life. But how do we take care of our skin without stopping the wearing of face masks? I would like to share a few tips on how to prevent skin mask problems, and if in case it happens, how to treat it.

### **To prevent and treat face mask Skin problems:-**

- 1) **Limit face washing** to twice a day and after sweating.
- 2) **Skip make-up or look for products labeled “non-comedogenic” or “won't clog pores”**. Beneath a mask, makeup is more likely to clog your pores and lead to breakouts.
- 3) **Use mild fragrance-free products**. Gentle skin care can prevent skin problems.
- 4) **Apply moisturiser before and after wearing your mask**. Dry skin is a common face-mask skin problem. Applying moisturiser adds a protective layer that can reduce dryness. Use a moisturiser formulated for your skin type.
- 5) **Apply petroleum jelly to your lips**. Dry skin and chapped lips are common face-mask skin problems. To prevent breakouts, take care to apply the petroleum jelly only to your lips.
- 6) **Take a 15 minute mask break every 4 hours**, (if possible). Safe places to remove your mask are when you are inside your car or when you are at your home.

### **WEAR THE RIGHT MASK to avoid irritation:-**

- 1) Look for at least two layers of breathable fabric like cotton.
- 2) Avoid Synthetic fabrics against your skin, such as nylon, polyester and rayon.
- 3) Make sure your mask is tight, but comfortable.
- 4) Wear a mask that offers a snug fit across your nose, on the sides, and under your chin.
- 5) Alternate between types of ties and ear loops to avoid irritation.

### **IF IRRITATION occurs:-**

- 1) Stop applying products that irritate your skin.
- 2) Consult your Dermatologist if your skin does not improve or worsens.

***But last of all, KEEP WEARING YOUR MASK; even if your skin becomes irritated.***



**Dr. Arptia Desai,**

*Dermatologist, Cosmetologist and Trichologist*

*from Mumbai with an experience of 14 years in this discipline.*

## ‘डल एक अहसास

मैं हूँ हिमगिरि की गोद में पली  
मेरी सखी मन भावन पवन  
यही गवाह है मेरे तट पर सुशोभित  
हज़रत बल का मान  
एवं शंकराचार्य का ज्ञान  
क्यूं ना इतराऊँ और खुशियाँ मनाऊँ मैं

हर प्रातः आदित्य की अनुपम आभा  
दिखाए मुझे बादलों का दृश्य  
वहीं हर शाम जब मैं थकती हूँ  
तो सितारों का चमचमाता आँचल  
समझाए मुझे चाँद का रहस्य

मुझ में समाओ मुझ से निखरो  
रंगीन शिकारों अपने जीवन को जानो  
सब कुछ शांत है, स्थिर है  
व्यस्त है यहाँ सब चिड़ियों की टोली  
मधुर धुन सुनने और सुनाने में स्थिर है सक्षम वृक्ष

इस मधुरतम नज़ारे को अपने में  
संजोए हुए  
हर सुबह और शाम है गूँजती  
मंगलमय मस्जिद की अज्ञान से  
वहीं पर हर मंगलमय दिन निखरता  
मंदिरों की अर्चना से

फिर क्या है वो, जो नज़र नहीं आता  
न तो सुनाई देता, न महसूस होता  
लेकिन है वो यहीं कहीं छुपा-सा  
हर इंसान के दिल में,  
किंतु दूर है बहुत जुबान से

स्थित है वो केवल मस्तिष्क में  
क्या है वह यकीन नहीं होता  
अपने में झाँको, देखो और परखो  
जो न होते हुए भी... है

जो इस बेहतरीन वातावरण  
पर काले घने बादलों सा छाया  
डल में पूर्णतः समाया  
हम सब को एक दूसरे से भगाए  
हों वही तो है.....भय

वो भय चाहे कोरोना का हो  
या कर्फ्यू का  
ये भय ही है, जो है तो हम में  
जो इस स्वच्छंद डल के  
मधुरतम वातावरण से विच्छंद रखता

हमे अपने हाल से असंतुष्ट बनाए  
क्यों नहीं है हमें विश्वास अपने मन पर  
वो मन जो हमको हमसे ही मिलाए  
उन नाउम्मीदों के बादलों को भगाए

डल को दूषित करते राक्षसों को भगाएं  
और डल का जीवन जो कि  
एक स्वच्छ, निर्मल, सरल,  
पारदर्शिता के साथ  
हम सब इंसानों के मन में बस जाए

डल का विश्वास ही हमें वो सबक सिखाए  
हे इंसान ! यदि मैं अपने वास्तविक  
रूप में तुम्हें बेहतरीन कमल का फूल दिखाती हूँ,  
तो वहीं मैं अपने रौद्र रूप में तुम सबको मिटाती हूँ  
आओ आज से हम सब डल के जीवन से सीखें

प्रकृति के साथ पलें, बढ़ें और उसे  
निहारें लेकिन यकीनन विश्वास  
रखना ए इंसान ! इस डल के जीवन पर  
कोई अपनी बुरी नज़र न डाले।

टिप्पणी:- ‘डल’ श्रीनगर (जम्मू एवं कश्मीर) की एक प्रसिद्ध झील है।



सुश्री इला सिंह

## ये प्रश्न सीमाओं का क्यों कर उठा है?

प्रकृतिसदा से मनुष्य की संगिनी है। यह पृथ्वी सिर्फ मनुष्यों की नहीं अपितु इस पर विचरते सभी प्राणियों की है। जिम कॉर्बोरेट अरण्य में बाघों को देखने की इच्छा लिए जो भाग दौड़ की उसने भावनाओं को शब्द दिए। हमें क्या हक है यह तय करने का कि कौन -सा प्राणी कितनी सीमा में रहेगा और सीमाएँ निर्धारित कटने के बाद भी उन्हें चैन से न रहने देने का। यह तय करने का कि कौन महत्वपूर्ण है और कौन तुच्छ। ज़रा सोचिए.....

ये प्रश्न सीमाओं का क्यों कर उठा है?  
जब एक ही हवा और एक ही धरा है  
अथक दौड़ मेरी तुम्हें दूँढने की,  
तुम्हें खोजने में ये कैसा मज़ा है।  
अगर सच कहू तो तपस्या ही मानो  
तुम्हें तलाशने में क्या -क्या मिला है।

कई नई कृति, कूकती डोलती- सी  
कोई सीटी बजाती ज्यों हमको बुलाती  
कोई कल- कल लहर में ठुमकती -मचलती  
अपनी ही धुन में आगे पीछे थी चलती  
कोई रंगो का फैलाए अजब ताना बाना  
बीच पथ पर थिरकता, देता चुनौती  
इधर आओं हमको भी देखो सराहो  
किसे दूँढते हो हमें भी बताओ।

वो उँचे शिखर के गले बाँह डाले  
जो तरुवर कतारों में भागे ही जाते  
कुछ उनकी तरफ भी निगाहें घुमाओ  
जो सदियों से मानव का जीवन चलाते  
इनकी भी तुमने सीमाएँ आँकी  
काटा गिराया बड़ी बेरहमी -से  
पाकर तुम्हें आज अपने शहर में  
गुहारे लगाते झुकते ही जाते  
इनकी तरफ भी नज़र को घुमाओ  
किसे दूँढते हो ये तो बताओ

गहरी, हरी, खिलखिलाती वो नदियाँ  
आगोश में ले के जलचर अनोखे  
मोती के दाने बिखेरे, सवेरे  
समेटे जिन्हें, मंद हवाओं के झोकें  
झल-झलमलाता सुनहरा वो निर्झर  
पूछे, कहो किसके दर्शन को आए  
हमारे किनारे खड़े दृग बिछाए  
हमारी तरफ भी ज़रा दृष्टि डालो  
एक ही के पीछे न दौड़ो, सँभालो ।

सारा का सारा ये सुंदर नज़ारा  
सभी एक सुर में हैं हमको सुनाते  
तुमने हमें क्यों यू सीमित किया है  
जब एक ही हवा और एक ही धरा हैं ।

हमें न जगह दी थी अपने नगर में  
हमारे ही आँगन में आकर खड़े हो  
सीमा का तुमने उलघन  
में आकर खड़े हो  
सीमा का तुमने उलघन किया है  
पर प्रकृति के नियम का सभी को पता है  
वो देना ही जाने, न लेती किसी से  
न रीते कभी ये अनन्त सम्पदा है  
इन्हें छोड़ दौड़ो ना, सीमाएँ तोड़ो न  
पर प्रश्न ये सीमाओं का क्यों कर उठा है,  
जब एक ही हवा और एक ही धरा है ।



सुश्री सुभा कुमार

## गिल्लू की चाह में - एक कथा

मानवीय प्रकृति की एक बहुत बड़ी विशेषता है कि वह कभी भी अपनी असफलताओं को अपनी काबिलियत से नहीं जोड़ता है। उसे हमेशा यही लगता रहता है कि मौक़े की कमी, किस्मत के खेल, विरोधियों के प्रयासों या फिर भगवान के दो आँख करने के कारण ही वो आज तक असफल है।

आंतरिक रूप के बारे में तो नहीं कह सकती, परंतु बाह्य रूप से निसंदेह मानव वर्ग की ही सदस्य हूँ तो यह विश्वास रखिए की मैं भी इस प्रवृत्ति से ग्रसित हूँ।

बचपन में स्कूल में पढ़ी महादेवी वर्मा द्वारा रचित कहानी "गिल्लू", मेरी पसंदीदा कहानियों में से एक है। आप सबने भी पढ़ी होगी। पढ़ कर ऐसा लगता है की कभी ना कभी ये हमारे साथ भी घटित हुआ है या फिर हो सकता है। सरल भाषा में मानवीय संवेदनाओं की व्याख्या है। ना शब्दों का जाल और ना ही ना समझ आने वाली क्लिष्ट भाषा का प्रयोग। सीधी साधी आम बोलचाल की भाषा में मर्म कहानी। ऐसी शैली जिसे पढ़ने के बाद आपको लगे अरे कहानी लिखना कौन सी बड़ी बात है। ऐसी तो मैं कभी भी लिख सकती हूँ। शायद यही इस लेखनी की खूबसूरती है, जो एक लगभग अनपढ़ इंसान को भी लेखक बनने के लिए उकसाती है।

सच्चाई और सोच में उतना ही अंतर है जितना महादेवी वर्मा और मुझमें। इस बात का ज्ञान मुझे कलम पकड़ते से ही हो गया था। पर ऐसे ही तो हार नहीं मानी जा सकती थी। सिर्फ कहानी लिखना स्थगित किया जा सकता था, जो मैंने किया।

इस टालने को न्यायसंगत भी तो दिखाना था, अपने लिए ही सही। बच्चों की परवरिश, घर के अनगिनत काम, कारणों की कोई कमी नहीं थी मेरे पास। और फिर सबसे बड़ी बात, महानगरों की भाग दौड़ वाली ज़िंदगी में कहाँ से मिलता मुझे प्रेरणादायी गिल्लू। जिन शहरों में इंसानों के रहने के लिए जगह नहीं थी, वहाँ पर गिलहरियों और चिड़ियों को कौन पूछ रहा है। कहानी लिखने का कार्यक्रम लगभग ठंडे बस्ते में ही पड़ गया था। परंतु इस बार मानों भगवान ने भी ठान लिया था कि बाकी बार अगर मैं हार मानूँ तो परिस्थितियों के कारण नहीं अपितु अपनी काबिलियत के अभाव के कारण।

क्रिस्मत के खेल, भगवान की ज़िद और पति के स्थानांतरण के कारण मैंने अपने आपको एक ऐसे शहर के ऐसे घर में खड़ा पाया जो काफी हद तक वैसा ही था जैसा कहानियों और क्रिस्सों में होता है। और महानगरों में रहते रहते हम ऐसे घर की कल्पना भी करने में अक्षम्य हैं।

अंग्रेज़ों के ज़माने का बड़ा सा घर, आगे पेड़ों से घिरा लॉन और पीछे छोटा सा किचन गार्डन तथा उसमें दौड़ती अनेकों गिलहरियाँ, चहचहाती चिड़ियाँ और फूलों पर मँडराती तितलियाँ। एकदम किताबों से निकला घर। बच्चे भी उम्र के उस दौर में आ गए थे जहाँ उन्हें माँ से ज़्यादा इंटरनेट से प्यार हो गया था। और पतिदेव सदा की तरह ऑफिस में व्यस्त थे। समय आ गया था कि पुराने शौकों को बस्ते में से निकल कर झाड़ पोंछ कर शेल्फ़ पर सजाया जाये।

सामानों और यादों का बड़ा ही अनूठा सम्बंध है। हर सामान से कोई ना कोई याद और हर याद से कोई ना कोई सामान जुड़ा होता है। पुरानी डायरी देखकर फिर से दिल मचल उठा और एक बार फिर से अपने अन्दर किसी लेखक को खोजने की चाह जाग उठी।

जाड़े की गुनगुनी धूप में लेखन कार्य का शुभारंभ किया गया। डायरी खोले, कलम पकड़े, भागती गिलहरियों में अपने गिल्लू की खोज करने लगी। वैसे जाड़े की धूप भी बड़ी ही बेरहम होती है। तत्पर बैठे इंसान को चुटकी में नींद के झोंकों में ले जाती है। मैं भी कुर्सी पर पैर पसार कर कब सो गयी पता ही नहीं चला।

कोरे पन्नों और कलम समेट कर ढलती धूप के साथ मेरी दुकान भी घर के अन्दर चली गयी।

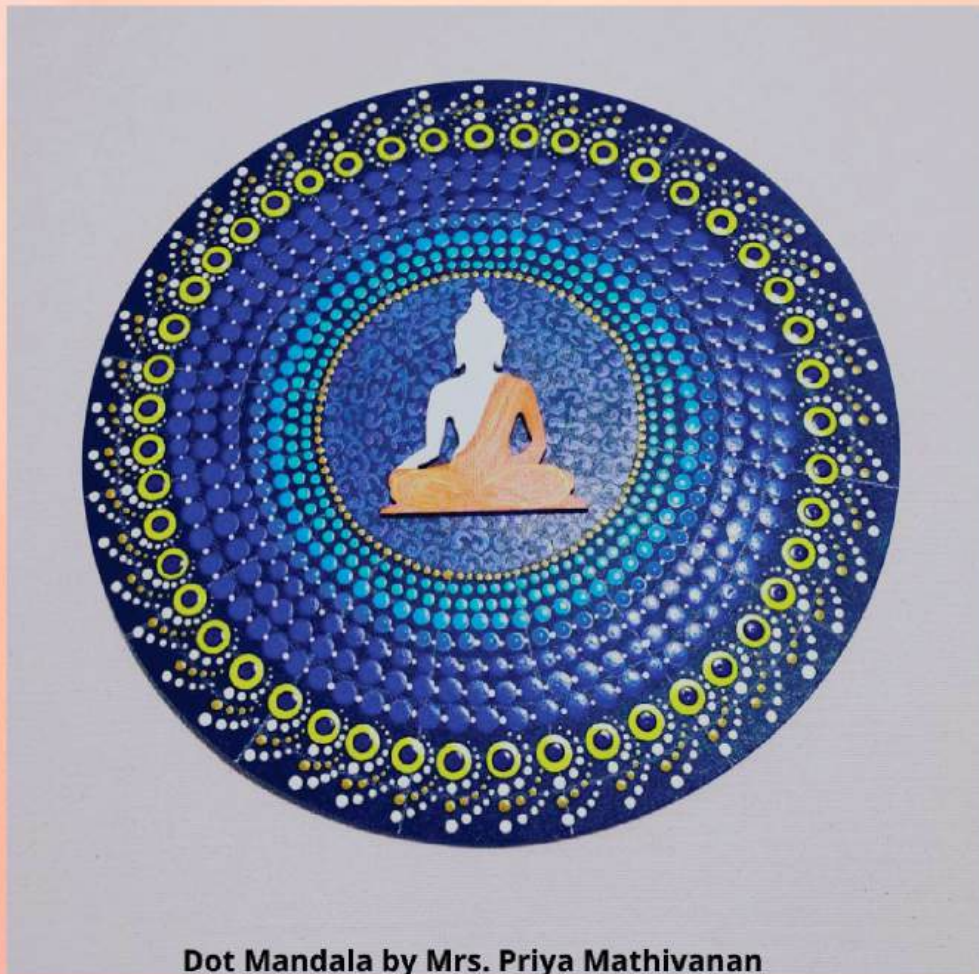
समय भी दबे पाँव कहाँ से कहाँ पहुँच जाता है। जाड़े की गुनगुनाहट भरी धूप भी गरमी की तपन में परिवर्तित हो गयी लेकिन ना गिल्लू मिला और न ही कहानी आगे बढ़ी।

दिमाग के किसी कोने में एक विचार जन्म लेने के लिए मचल रहा था कि शायद गिल्लू जैसी कहानी लिखने के लिए, प्रेरणादायी गिलहरी की आवश्यकता नहीं है अपितु महादेवी वर्मा की लेखनी की है। लेकिन दिल था कि मानने को तैयार नहीं। सोचा की शायद इस शहर की गिलहरियों में ये प्रतिभा ही नहीं कि वो गिल्लू बन सके। नए शहर में नए सिरे से खोजा जाएगा।

अब क्या कहें, सिवाय इसके कि

दिल को खुश रखने का यह खयाल भी अच्छा है  
लेखक बनने का सफ़र गिल्लू की चाह में अधूरा है।

# *Talent Corner*



**Dot Mandala by Mrs. Priya Mathivanan**

*Creative corner for the art enthusiasts....*





Ms. Ritu Prakash



Dr. Astha Giri



Ms. Priya Mathivanan



Ms. Ankita Dwivedi

# *IAAOWA Activities*

Indian Audit and Accounts Officers'  
Wives Association  
(IAAOWA)



*Inspired to Empower. Determined to Succeed*

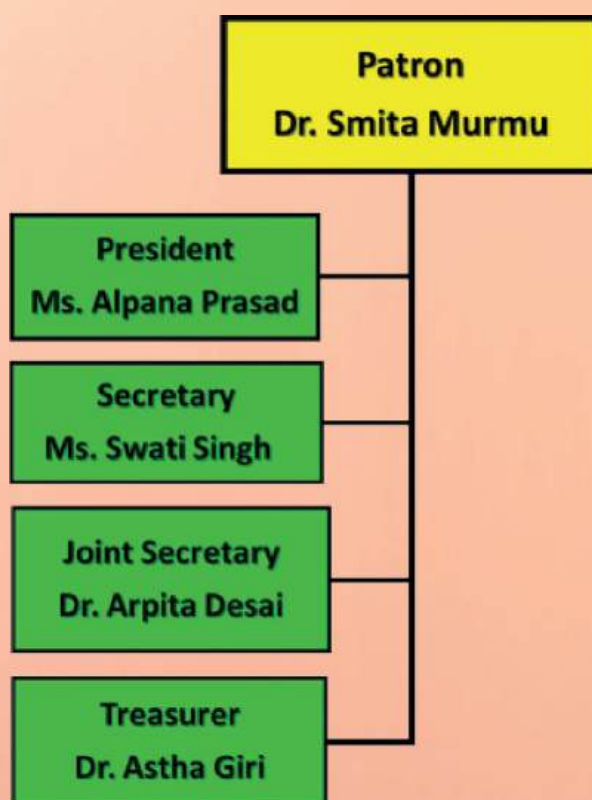
*Activities and events organised by  
Team IAAOWA*

## *About IAAOWA*

The Indian Audit and Accounts Officers' Wives Association (IAAOWA), is a socio- cultural forum for the wives of the officers of the Indian Audit and Accounts Service. The Association put down its roots in 1968 to become a platform for community building amongst the spouses of the IA&AS officers. The founding members were Mrs. Gian Prakash, Mrs. Lalit, Mrs. Batla, Mrs. R.R. Gupta, Mrs. Sobti, Mrs. U. Krishnan, and Mrs. A.C. Tiwari.

Overtime, IAAOWA has grown and continues to play an important role in promoting fraternity and a sense of belonging.

The present structure of IAAOWA is presented below:



This year, under the esteemed leadership of Dr. Smita Murmu as the Patron, IAAOWA took a few new initiatives; while also continuing with its many social initiatives. One of the first initiatives was in expanding the membership of IAAOWA to women officers of IA&AS; the other was to reconnect spouses of officers who had been transferred out of New Delhi. The latter step, by expanding the association with a pan-India base, would help continue the bond that every IAAOWA member forges during their time together.

Another initiative was to form Committees and to invite IAAOWA members to volunteer as a part of the Committees, and according to their interests. This would help in better implementation of the activities of IAAOWA, while also widening the scope of the nature of activities that can be undertaken.

IAAOWA now has a **Health Committee** that will organise health activities such as breathing workshops and blood donation drives; a **Cultural Committee** to organise the Holi and Diwali celebrations, cultural evenings, picnics and so on; a **Livelihood Committee** that focusses on programs related to upliftment of craftsmen and weavers; and an **Education Committee** to conduct various children-related activities such as book donation drives.

Dear readers, the membership of the Committees are open to all. Please reach out to Ms. Swati Singh or to Dr. Arpita Desai if you would like to be a part of IAAOWA Committees. All we ask is a spirit of volunteerism and your constant encouragement!

We look forward to engaging with each and every one of you!

Stay Well, Stay Safe!

Warm Regards,

**Ms. Swati Singh**  
**Secretary, IAAOWA**



*Ms Swati Singh, an MBA holder, loves travelling; and when she isn't on a journey, she loves penning down thoughts and stories. She is the spouse of Mr. Dharmendra Kumar (Batch 2000).*

## *Women's Day Celebration*

As women around the world celebrated International Women's Day on 8th March, IAAOWA too celebrated womanhood on 28th February, 2021. The meeting was organised at the CAG office in New Delhi. Due to the limitation in location, only spouses of IA&AS officers and women IA&AS officers who were posted in Delhi came. The main objective of the meet was to interact amongst the members, introspect and expand the areas of work of IAAOWA.

During the meeting, it was decided to invite IAAOWA members to form and become part of committees to better implement the activities of IAAOWA. So now we have a Health Committee to broadly organise health activities such as breathing workshops and blood donation drives; we have a Cultural Committee to organise events such as the Holi and Diwali function, the cultural evening of dance and music. We also have a Livelihood Committee that organises events related to handicrafts.



## *Celebrating the Festival of Colours*

As a country of numerous cultures, ethnicities and faiths, India celebrates countless festivals in its calendar throughout the year. Among the most known festivals, Holi is celebrated widely across the country. Holi is an opportunity for fun, frolic, forgiveness and compassion. IAAOWA merits no exception to this mood of festivity and hosted a Holi party at CAG's residence on 16th March, 2021. The team of IAAOWA dynamically piloted the festivities from selection of the choicest colours for decoration, to inviting members to showcase their various talents including singing and dancing. The evening was made even more memorable with the tiny tots dancing to various tunes from across the country. The evening concluded with a grand feast that teased the taste buds of all those who came there.

Another significant part of this year's Holi celebrations were the official unveiling of IAAOWA's logo and motto. We share with you a few glimpses from the evening.



"Welcoming CAG Shri Girish Chandra Murmu, and our Patron, Dr Smita Murmu to the festivities"



"Unveiling of IAAOWA's logo and motto"



"The vibrant decorations setting the mood for the evening"



"The team behind the scenes"



## *E-Mela of Banarsi Sarees*

An e-mela of banarsi sarees was organised by the Livelihood Committee from 30th June to 3rd July in order to uplift small scale handloom weavers from Benares. These weavers had suffered loss of livelihood as the pandemic continued with looms having dropped by almost half.

Handcrafted by weavers of the ancient city Benares, banarsi saris are among the finest saris of India. They are known for their gold and silver brocade or zari, finely woven silk, intricate bootis, bel, jhallar, pallus, jal work, and mina work. Depending on the intricacy of its designs, a sari can take from 15 days to a month to complete.

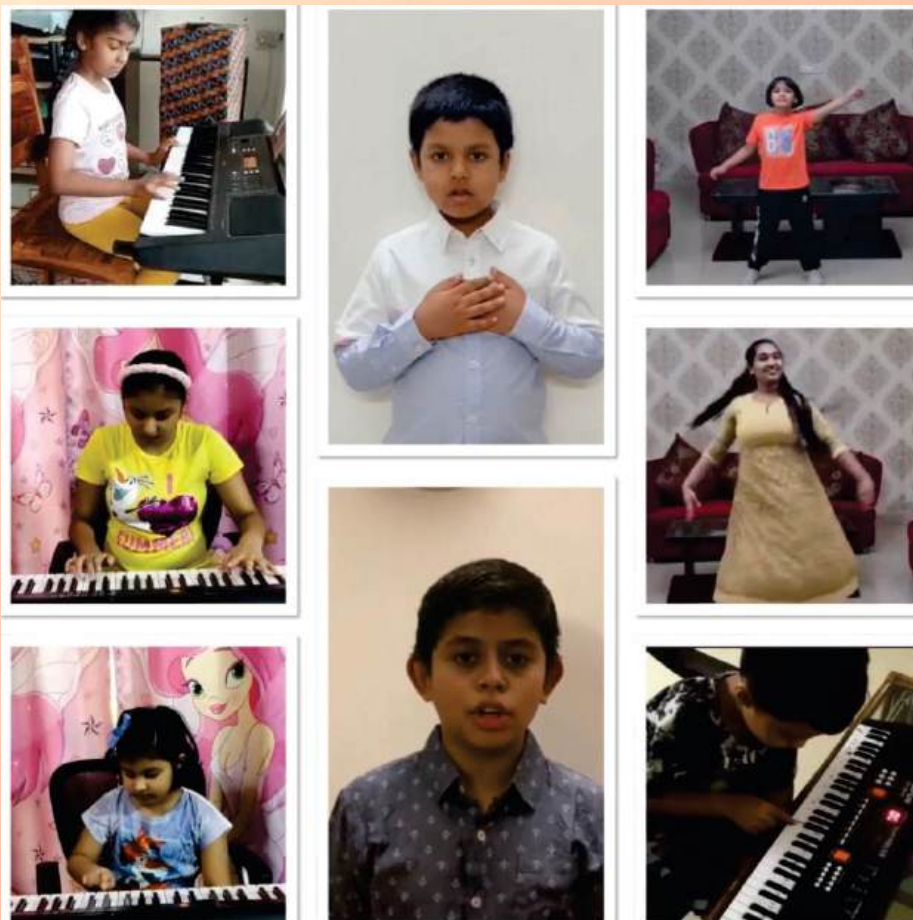
Weaving skills are handed down through the family of the weavers; in this instance, the trade would have been in the family for generations. The Livelihood Committee helped them prepare the e-catalogue and also carried out physical checks in Varanasi in order to ensure the authenticity and quality of the sarees. The response from the ladies of IAAOWA was unprecedented – with great enthusiasm they browsed through the e-catalogue and with great generosity they purchased sarees to raise an amount of almost INR 3.25 lakhs!

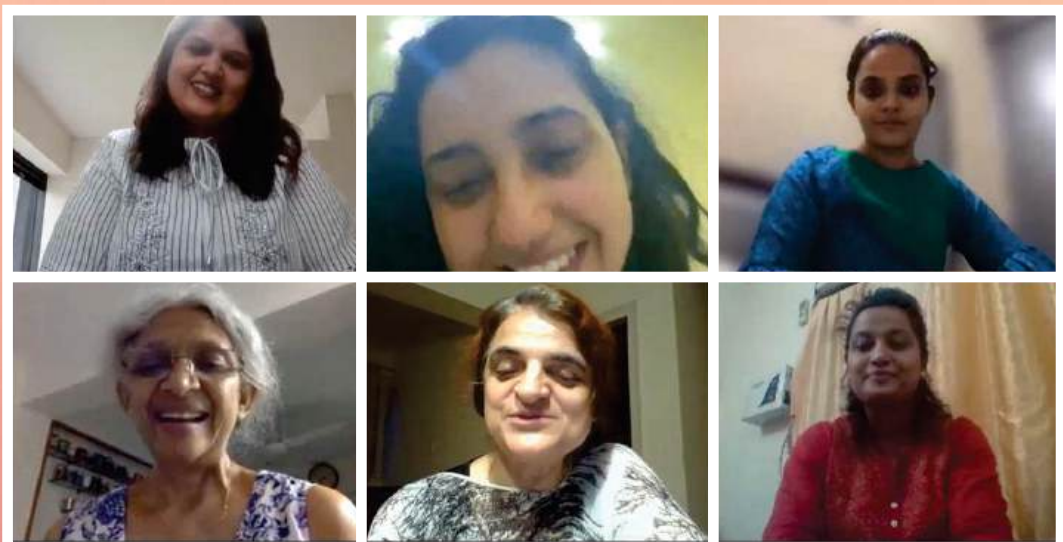
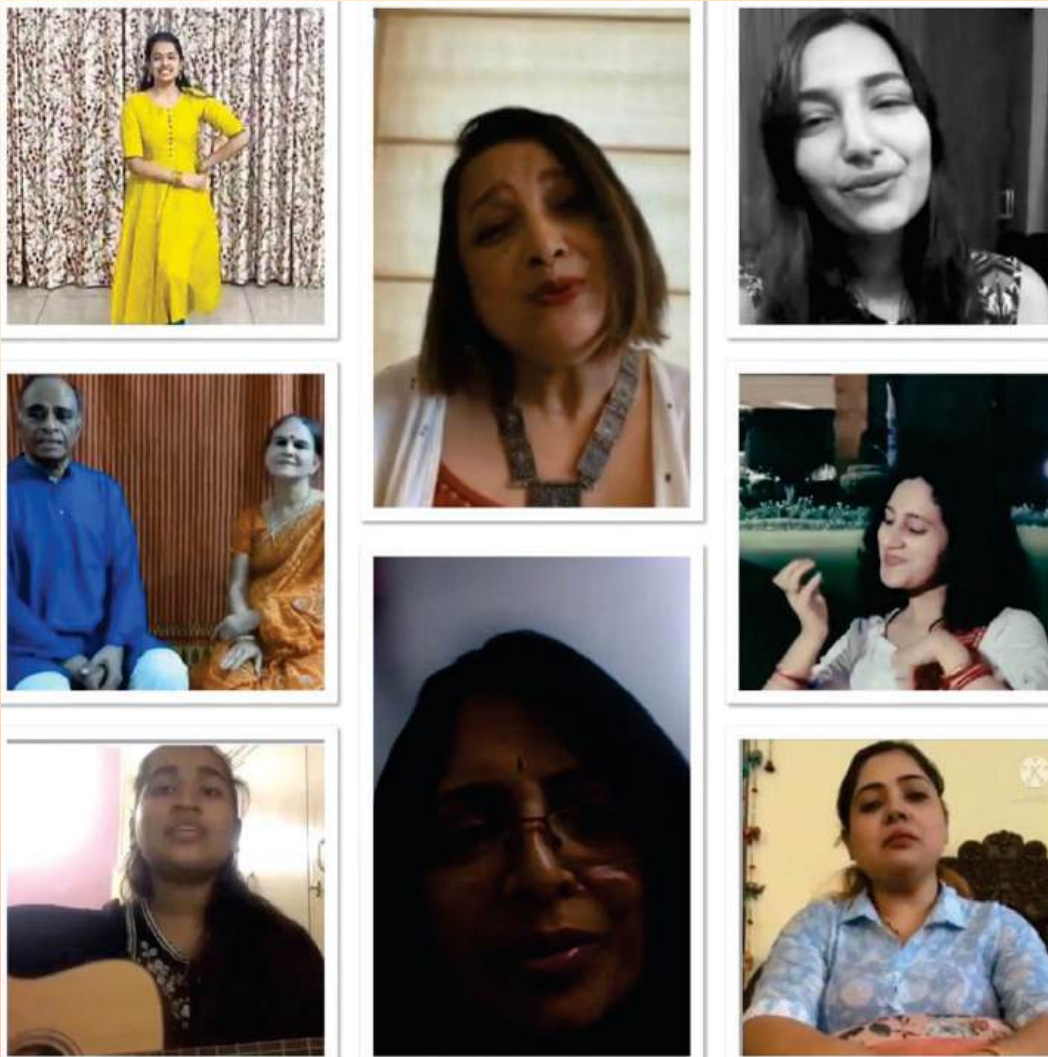


## *E-Extravaganza*

Trapped for so long, within the confines of our homes, it is understandable that almost everyone would be at their wits end. But sensing that a room could only restrict the physical body and not the creativity and talent it harbours, the Cultural Committee organized an Online Extravaganza on 12th June, 2021 at 6PM. The event was indelible with a wide array of participants, young and old alike, presenting beautifully prepared performances.

The evening witnessed melodic singing, enchanting dance numbers, an enlightening skit by children, and of course the poetic touch of *shayaris*. The audiences were glued to their screens witnessing the hard work and enthusiastic efforts of all the participants. The energetic tiny tots, talented youngsters and elegant adults all showcased heartwarming talents!





## *Breathing Techniques Funshops*

A Breathing Techniques Funshop was organized virtually by IAAOWA Health Committee on 8th May



2020, in which children of IAAS officers were taught deep breathing exercises by Ms. Priya Parikh and her daughter, Aashvi. The Funshop was to help the kids achieve a calm, focused and happy state, that would in turn, positively impact their immunity power. It was a great opportunity to expose the young generation to some life-changing but easy techniques to aid better

oxygenation, help them stay fit, and reduce stress and anxiety. Over 30 kids in the age group of 4 to 12 years participated in this session.

This amazing session was followed up with another virtual session- Breathing and Fitness Funshop 2.0 on 27th June 2020, in which the kids demonstrated the earlier learnt techniques and were introduced to some more breathing, fitness, yoga and brain stimulating exercises. To keep them engaged and interested, the activities were interspersed with games, dance and other fun activities. These are small steps to empower the kids with some simple yet effective breathing and fitness techniques so that they move ahead in life as energetic, contented and balanced persons.



## *Green Duty Calls - Tree Plantation Drive*

As humans going about our daily hectic lives, we often forget that we must give back to Mother Earth as much and more, as we take from her. IAAOWA has, over the years, conducted activities, as a part of doing our bit for our planet. This year, IAAOWA organised an activity around trees - whose importance goes far beyond the beauty they give to the concrete jungles we live in today.

Two tree plantation drives were conducted in the month of August, under the guidance of our Patron, Dr. Smita Murmu. Around 50 saplings were planted that day. We look forward to you all joining us for the next time!

The first tree plantation drive took place in The Woods at the Commonwealth Games Village on 12th August. IAAOWA President Ms. Alpana Prasad led the planting of saplings. Each an devery sapling were planted with love and care by both adults and children. A peek into the day...



Continuing the fun-filled plantation activities, a second drive was held in the grounds of the International Centre for Information Systems and Audit (iCISA), on 13 August. This evening was filled with fun as children as young as one-year old babies planted their first saplings. Hoping the world that there young minds grow up are as green with love as ours.

Have a glimpse of the fun we had!



*Coming up next.....*



Photograph Title: Time; Photo Credit: Ms. Sakshi

*About the next edition of Abhikhya.....*

## *Memories From Yarrows*



As you come to the end of this edition, we hope you enjoyed going through the pages, having a glimpse of talents spread across the IA&AS family. We would love to hear back from you so that we can make the coming editions even better! Do have a look at the feedback form - <https://bit.ly/3zAADKv>

Now onto the next step in this journey -

Ladies, gentlemen and our dear children, for our next edition we would love to know your thoughts on *Yarrows*. We all know that Yarrows plays such an important role in shaping the IA&AS officers for their career ahead. But Yarrows also has a place in the hearts of the families of the officers - for children, parents and spouses alike - and this is what we would like to hear from you!

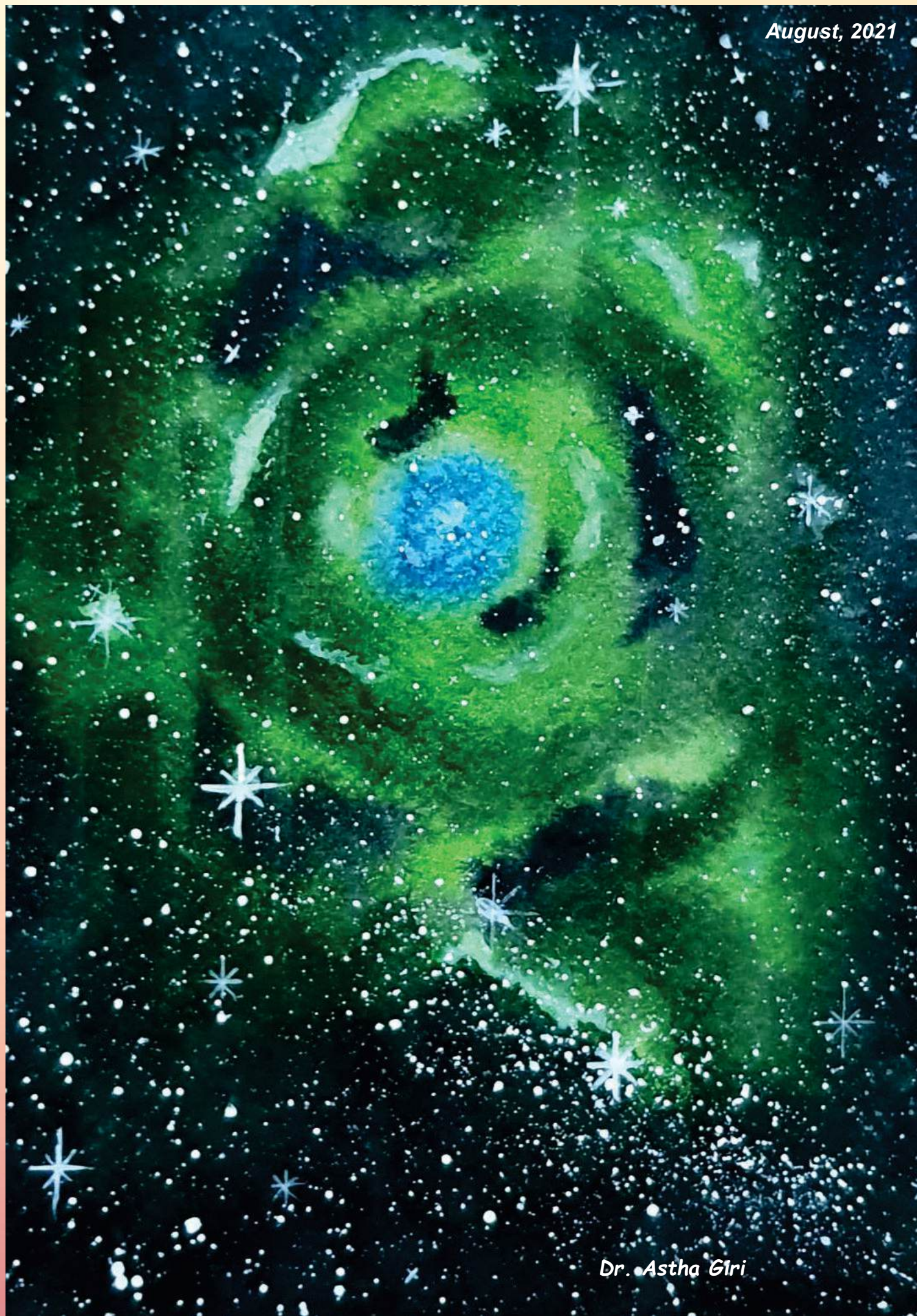
Please send in your submissions by 20th September, 2021 to [editoriaaowa@gmail.com](mailto:editoriaaowa@gmail.com)

*So let those creative juices flow! Share your feelings through prose, poetry, pictures or paintings! We look forward to reading you all!!!*





August, 2021



Dr. Astha Giri



Indian Audit and Accounts Officers'  
Wives Association  
(IAAOWA)



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