POLICE FAMILIES WELFARE SOCIETY (PFWS)

# Koshish एक आशा

VOLUME - I JULY-2016 REG NO.5367, YEAR : 1972



## SUMMER CAMPS

AN ENRICHING EXPERIENCE

# सन्देश



## श्रीमती शेफाली वर्मा,
### अध्यक्षा, दिल्ली पुलिस परिवार कल्याण समिति

दिल्ली पुलिस परिवार कल्याण समिति की अध्यक्षा के तौर पर मुझे आप सबके साथ काम करने का जो सौभाग्य मिला इसकी खुशी मैं आप सबके साथ बॉटना चाहूँगी। दिल्ली पुलिस देश की सर्वोत्तम पुलिस बलों में से एक है। दिल्ली पुलिस में काम करने वाले समस्त पुलिसकर्मी एवं अधिकारी बड़ी लग्न एवं मेहनत से दिल्ली की जनता की सेवा में दिन–रात कार्यरत रहते हैं। कार्य की लंबी अवधि होने के कारण अधिकांश पुलिसकर्मी अपने परिवारों की मौलिक आवश्यकताओं को समय पर पूरा नहीं कर पाते हैं। उनकी गृहणियों एवं बच्चों को अपना अधिकांश समय अकेले ही गुजारना पड़ता है। दिल्ली पुलिस परिवार कल्याण समिति द्वारा पिछले दो–तीन महीनों में प्रारम्भ किए गए कुछ कल्याणकारी कार्यों की तरफ मैं आपका ध्यान आकर्षित करना चाहती हूँ।

पुलिस परिवार कल्याण समिति द्वारा पुलिस परिवारों के स्वास्थ्य संबंधी विभिन्न प्रकार की समस्याओं को ध्यान में रखते हुए विभिन्न आवासीय परिसरों में विशेषकर शालीमार बाग, पीतमपुरा, मालवीय नगर, मॉडल टाउन, पुरानी पुलिस लाईन्स, नई पुलिस लाईन्स, विकासपुरी एवं वेलकम में विभिन्न गैर–सरकारी संस्थाओं एवं प्रसिद्व निजी अस्पतालों के डॉक्टरों द्वारा स्वास्थ्य शिविरों का आयोजन किया गया। पुलिस परिवारों में तनाव की समस्याओं को ध्यान में रखते हुए आवासीय परिसरों में प्रसिद्व योग गुरूओं के सहयोग द्वारा योग शिविर भी आयोजित किए गए। अस्पतालों के डॉक्टर, योग गुरू एवं समिति के मेरे अन्य सहयोगी सदस्य इन कार्यक्रमों को सफल बनाने के लिए धन्यवाद के पात्र है।

विशेष रूप से स्वच्छता अभियान एवं वृक्षारोपण आदि कार्यक्रमों में आवासीय परिसरों के निवासियों द्वारा प्रदर्शित उत्साह सराहनीय है। इन कार्यक्रमों के द्वारा पुलिस परिवार एवं पुलिस आवासीय परिसर में एक नई ऊर्जा का संचार हुआ है। कार्यक्रमों के माध्यम से निवासियों द्वारा मिले बहुमूल्य सुझाव आगे आने वाले समय में कार्यक्रम को और भी अच्छा बनाने में महत्वपूर्ण योगदान देंगें।

विभिन्न आवासीय परिसरों में भ्रमण के दौरान परिसरों के निवासियों ने समिति के सामने भवन मरम्मत संबंधी कई प्रकार की समस्याओं का उल्लेख किया। इन समस्याओं को समुचित रूप से सुलझाने हेतू पहली बार दिल्ली पुलिस प्रशासन एवं पुलिस परिवार कल्याण समिति के संयुक्त प्रयासों से सभी पुलिस कॉलोनियों में होने वाले मरम्मत कार्यों के लिए भेजे जाने वाले बजट का पूरा विवरण आवासीय परिसरों के नोटिस बोर्ड पर लगाया गया है, ताकि सभी निवासी यह जान सकें कि अब उनके परिसर में मरम्मत संबंधी कितने कार्य होने हैं और उन पर कुल कितनी राशि खर्च होनी हैं।

प्रशासन द्वारा लघु निर्माण कार्य के कुल बजट का ७५ प्रतिशत पुलिस कॉलोनियों पर और २५ प्रतिशत पुलिस कार्यालयों की मरम्मत पर खर्च करने के निर्देश भी दिए गए हैं। इसके अलावा पहली बार ऐसा प्रावधान किया गया है कि यदि किसी परिवार को क्वार्टर की मरम्मत हेतू तात्कालिक तौर पर दूसरे क्वार्टर में शिफ्ट किया जाता है, तो उनको यह सुविधा भी उपलब्ध होगी कि वे यदि चाहें तो शिफ्ट किए गए क्वार्टर को अपने नाम पर आवंटित भी करा सकते हैं।

मुझे यह जानकर अत्यंत प्रसन्नता हुई है कि पिछले दिनों सिविल सेवा परीक्षा के घोषित परिणामों में दिल्ली पुलिस परिवार के कई होनहार बच्चों ने बेहतर प्रदर्शन किया है। जिसमें प्रधान सिपाही वेद प्रकाश जाखड़ की सुपुत्री कुमारी इंदू जाखड़ का नाम उल्लेखनीय है जिन्होंने सिविल सेवा परीक्षा में ३०वां स्थान प्राप्त करके न केवल अपने माता—पिता बल्कि दिल्ली पुलिस परिवार को भी गौरवान्वित किया है। कुमारी इंदू जाखड वर्तमान में डॉ. राममनोहर लोहिया अस्पताल में डॉक्टर है।

दिल्ली पुलिस में कार्य करने वाले कई अधिकारी विलक्षण प्रतिभाओं से भरपूर हैं। जहॉ एक ओर उप०निरीक्षक पी०पी० श्यामलन ने सुन्दर लिखावट(कैलीग्राफी) से टाईपराईटर एवं कम्पयूटर को मात दी है, वहीं दूसरी ओर निरीक्षक राजेन्द्र सिहॅ कलकल के चित्र मुख्य कार्यालयों की शोभा बढ़ा रहे हैं। परिवार कल्याण समिति द्वारा आयोजित कई कार्यक्रमों में निरीक्षक अनिल समौता ने अपनी कविताओं एवं कलकल ने हास्य कविताओं से दर्शकों को मंत्रमुग्ध कर दिया। योग शिक्षक सहायक उप निरीक्षक पुष्पेन्द्र कुमार ने योग के द्वारा तनाव कम करने में पुलिस परिवारों के बीच अपना एक विशेष स्थान बनाया है।

गर्मी की छुट्टियों को बेहतर बनाने के उददेश्य से समिति ने कुछ महत्वपूर्ण आवासीय परिसरों में “समर कैंप” भी आयोजित किए। इस श्रृंखला की शुरूआत द्वारका सामुदायिक केंद्र में आयोजित शिविर से हुई। इसके बाद इसी तरह का आयोजन शालीमार बाग आवासीय परिसर में हुआ। इन शिविरों में विभिन्न प्रकार की व्यवसायिक गतिविधियों जैसे डॉस, एरोबिक्स, कुकिंग करियर परामर्श का संचालन संबंधित क्षेत्र के विशेषज्ञों द्वारा किया गया। शिविर में आयोजित विभिन्न गविविधियों में परिसर के निवासियों ने बढ़—चढ़ कर हिस्सा लिया एवं इसकी प्रशंसा भी की। शिविर में भाग लेने वाले विशेषज्ञों तथा स्थानीय पुलिस के अधिकारियों को कार्यक्रमों को सफल बनाने के लिए मैं विशेष रूप से धन्यवाद देना चाहॅूगी। इसके अलावा पुलिसकर्मियों को अत्यधिक कार्य करने के कारण होने वाले तनाव को दूर करने और उनके जीवन में गुणवत्ता बढ़ाने के उद्देश्य से इस वर्ष १३ से १६ जून तक बाराखम्बा थाने में मोटिवेशन स्ट्रेस मैनेजमेंट और डोमेस्टिक वायलैंस से निपटने के लिए एडलवाइज फिनांशियल सर्विसेज लिमिटेड के अनुभवी ट्रेनरों द्वारा दिल्ली पुलिस के विभिन्न पदों के ६०४ पुलिसकर्मियों को प्रशिक्षण दिया गया। परिवार कल्याण समिति ने महिलाओं को आत्मनिर्भर बनाने हेतू कई नए कार्यक्रम जैसे कि कुकिंग, डॉसिंग, कराटे, जूट बैग बनाना, अचार बनाना आदि कार्यक्रम शुरू किए हैं।

मुझे यह कहते हुए बेहद खुशी एवं गर्व हो रहा है कि दिल्ली पुलिस परिवार कल्याण समिति से जुड़े मेरे अन्य सदस्यों ने कार्यक्रमों को सफल बनाने में महत्वपूर्ण भूमिका अदा की है। मैं हृदय से अपने तमाम सम्मानीय सदस्यों एवं आवासीय परिसर के निवासियों का आभार व्यक्त करती हूॅ। पुलिस आवासीय परिसरों में स्वच्छ जल उपलब्ध कराना, सड़कों की मरम्मत कराना, एटीएम तथा मदर डेयरी बूथ की सुविधा उपलब्ध कराना समिति की कुछ मुख्य प्राथमिकताएॅ हैं जिनकी प्रगति की समीक्षा समय—समय पर मैं स्वयं करती रहूॅगी। इसी श्रृंखला के तहत अभी हाल ही में पुलिस उपायुक्त दक्षिण—पश्चिमी जिला कार्यालय के परिसर में और पुलिस कॉलोनी सेक्टर १६—बी द्वारका में एटीएम बूथ की स्थापना की गई है।

अंत में मैं एक बार फिर से, दिल्ली पुलिस परिवार कल्याण समिति से जुड़े तमाम सदस्यों एवं निवासियों को हार्दिक धन्यवाद देना चाहती हूॅ और मुझे आशा है कि भविष्य में भी होने वाले कार्यक्रमों में आपका सहयोग एवं उत्साह मिलता रहेगा। मैं दिल्ली पुलिस परिवार कल्याण समिति से जुड़े सभी सदस्यों एवं निवासियों के उत्तम स्वास्थ्य एवं उज्ज्वल भविष्य की कामना करती हूॅ।

धन्यवाद।



## MS. SUCHANA PATNAIK

कहते हैं कि ''हजारों मील की यात्रा पहले कदम से शुरू होती है।'' और हमारे लिये यात्रा पहले ही शुरू हो चुकी है। विभिन्न पुलिस कॉलोनियों में पुलिस परिवार कल्याण समिति (पीएफडब्ल्यूएस) द्वारा समर कैम्प का परिचय एक शानदार शुरूआत सिद्ध हुई है। आयोजक दलों की सच्ची कोशिशों के चलते अनेकों काम दिल से सोचे गए तथा इन्हें पूरी लगन से पूरा किया गया। परिवार के सदस्यों का इसमें शामिल होने का जुनून हम सभी के लिए सचमुच मार्मिक व प्रेरणादायक था। उनकी सर्जनात्मकता तथा प्रतिभा को विकसित करने के प्लेटफॉर्म के अलावा, सीखने व बॉटने की यह प्रक्रिया प्रतिभागियों के बीच सौहार्द की भावना को प्रेरणा देती है ताकि प्रत्येक अपना सर्वश्रेष्ठ दे सके।

मैं समर कैम्प में आगे आकर सहयोग देने वाले प्रत्येक व्यक्ति को दिल से शुभकामनाएं देती हूँ जिन्होंने किसी न किसी रूप में इसे सफल बनाया।

मैं आशा करती हूँ कि आगे भी ऐसे लाभदायक प्रयास होते रहेंगे ताकि हम सब मिलकर पुलिस परिवार कल्याण समिति (पीएफडब्ल्यूएस) के भाईचारे को में सकारात्मक परिवर्तन ला सकें।

श्रीमती सूचना पटनायक



## DR. SUSHI SINGH

प्रिय मित्रो,

एक समाजसेवी, शिक्षाविद, लेखिका होने के नाते मैं स्वंय को आपकी हर उस संभव मदद के लिये समर्पित करना चाहती हूँ, जिससे आप ऐसे व्यक्ति बन सकें जो आप बनना चाहते हैं । एक ऐसे व्यक्ति जो पुलिस परिवार कल्याण समिति में सकारात्मक परिर्वतन लाने के लिये प्रेरित है। जब मैं समर—स्कूल की रुपरेखा, योजना और उसके क्रियान्वयन पर कार्य कर रही थी, तो यह एहसास हूआ कि जो भी व्यक्ति पुलिस—परिवारों के जीवन में परिर्वतन लाने के लिये आगे आकर जिम्मेदारी उठाने के लिये तैयार हुये हैं,वे सभी सच में पुलिस समुदाय को कुछ देने के लिये उत्सुक हैं और उन्हें सिर्फ एक थोडे से मार्गदर्शन की जरुरत है। उन सभी के लिये खास संदेश देना चाहुंगी—

" सभी समर स्कूल के आयोजन के सहभागियों — आप बडे रचनात्मक और उन क्षमताओं से भरपुर है जो आप की कल्पनाओं से परे है। जो आपको अपनी उदारशक्ति, करुणामय हृदय और दृढसंकल्प से प्रेरित करती है, वह कोई और नही, बल्कि आपकी अपनी अध्यक्षा श्रीमती शैफाली वर्मा जी है। आईए, उन्हीं के मार्गदर्शन में हम एक ऐसी विरासत का निर्माण करें, जिस पर हमें गर्व हो । "

विभिन्न पुलिस आवासीय परिसरों के निवासियों द्वारा दिए गए बहुमूल्य सुझाव, प्रदर्शित उत्साह एवं लगन के साथ शिविर मे एवं कल्याण के कार्यक्रमों में शामिल होना अत्यंत सराहनीय हैं। इसके अतिरिक्त मैं बेहद खुशी एवं गर्व के साथ अपने तमाम पुलिस परिवार कल्याण समिति में साथी सदस्यों एवं अवासीय परिसर के निवासियों का हार्दिक धन्यवाद व्यक्त करती हूँ। मुझे आशा है कि हमारे प्रेसिडेंट — पुलिस परिवार कल्याण समिति द्वारा लिए गये इस पहल एवं परंपरा में आप सबों का भरपूर सहयोग मिलता रहेगा।

शुभकामनाएँ

डॉ सुशी सिंह

## From Editorial Team




**DR. SUSHI SINGH**

**MS. SUCHANA PATNAIK**

**MS. NIHARIKA RAI VERMA**


We survive to live, we live to learn and once we learn to enjoy and gain knowledge. We become complete human beings.

All human beings strive and aim to lead a happy comfortable life but with the pressures and pace of the modern world which involves daily chores, zeal for improvements and firefighting on a continuous basis, we end up with impatience, unhappiness, tensions and frustrations. However, this scenario changes and gets soothened when we learn new skills, in the company of similar people, in similar situations where we learn to be happy.

With this aim to provide joy and skills to the police families PFWS came up with the unique activity based summer camps where attempts were made to impart various knowledge based skills to the women and children of the police families through cookery classes, yoga and self defence classes for the rejuvenation of mind and body, dance classes for entertainment and beauty culture for livelihood options.

The response received from families was immense and this led us to document and bring down on paper their happiness, views and efforts of the teams which worked behind organizing the activities in various police districts to make this vision of Ms. Shefali Verma, President PFWS a success.

'सपने सच हों इसके लिए सपने देखना जरुरी है'

डॉ अब्दुल कलाम

## INSIDE:


| Sl.N | Contents | Page No. |
|---|---|---|
| I | Summer Camp, New Police Lines | 06 |
| II | Summer Camp, Malviya Nagar | 07 |
| III | Summer Camp, P.S. Welcome | 08 |
| IV | Summer Camp, Shalimar Bagh | 09 |
| V | Summer Camp, Vikas Puri | 10 |
| VI | Summer Camp, Pitampura | 11 |
| VII | Summer Camp, Rajender Nagar | 12 |
| VIII | Summer Camp, Tilak Nagar | 13 |
| IX | Summer Camp, Dwarka | 14 |
| X | Summer Camp, GOs Mess, Civil Lines | 15 |
| XI | Meritorious Students & upcoming event | 16 |
| XII | Counseling sessions | 17 |

# SUMMER CAMP, NPL KINGSWAY CAMP

## 5TH MAY, 2016

The summer camp at NPL was organized from 5th to 30th May, 2016 under the aegis and patronage of Ms. Shefali Verma, President PFWS. The camp was inaugurated with a special emphasis on health check up camp including the tuberculosis check up camp. More than 70 members from police families participated in the camp.

The other highlights of the camp were sports activities such as football, basketball and badminton which were attended by 25-30 children and also self defence and yoga classes. The dance classes received huge response with 63 participants and cookery classes which had 30 police staff wives as participants. Beside these activities, the camp had special programmes on counseling and acupuncture treatments.

Under the guidance of Ms. Shefali Verma, NPL welfare centre also organized a free mammography and breast cancer check up camp which was attended by none other than the Commissioner of Delhi Police, Mr. Alok Verma himself.

## TEAM



TEAM **Mrs. Mamta Gupta, Mrs.Kiran Bisnoi & Mrs Neelima Singh**

## TEAM MESSAGE

This was a very good initiative for the residents of police colony, kids& ladies to utilize their holidays in a more productive way!! We worked as a team, and came out richer with beautiful experiences!! The efforts put in by each members was laudable and this resulted in the success of the camp!! It created a good bonding and understanding among all of us and we faces all challenges collectively &successfully.

## ACKNOWLEDGMENTS

-Dr.Kanchan, MEDANTA, Medicity
-Dr. S K Goyal-DDU hospital, Hari Nagar
-Dr.Baljinder Singh-Accupressure, Indraprashtha Sanjeevani
-Dr.Veenu Wadhwa, Counsellar
-Deepty-Art & craft trainer
-Mrs.Sudha Kapoor -- Cooking instructor
-Rohit & Anchal - DHOOM Dance Academy, Pitampura

## MEMORIES









# SUMMER CAMP, PTS MALVIYA NAGAR

## 13TH MAY, 2016

Police Families Welfare Society at PTS Malviya Nagar, New Delhi, was started on 16th February, 2013. Various Units like Masala Unit, Stitching and Tailoring Unit and Jute Bags Making Unit have been running since the opening of the Society.

The summer camp at Malviya Nagar was organized from 13th May to 30th June 2016. The camp organized a plethora of activities such as yoga, stitching, madhubani painting sessions, sports activities like football and cricket amongst others, calligraphy classes, self defence sessions, embroidery classes, bonsai classes and so on.

Special counseling sessions for the participants was organized in the camp along with the dental camp organized for the benefit of police families by Ms. Sunitha Kamraj, who is also a senior member of PFWS herself.

The closing ceremony took place on 1st July 2016 where different resource persons were felicitated by senior PFWS members Ms. Suchana Patnaik, Dr. Sushi Singh and Ms. Santosh Kumar.

## TEAM



TEAM **Mrs. Geeta Pathak, Mrs. Manisha Bhatia, Mrs. Priya Ranganathan**

## TEAM MESSAGE

My experience of working at PTS Malviya Nagar has been a fulfilling journey.it means a lot to know the member of our police family and their problems.it surely gives me immense pleasure and satisfaction to help them and see a smile on their face.

## ACKNOWLEDGMENTS

Dr. Gaurav
Dr. Divya
Dr. Pooja
Dr. Amit Bhatia
Dr. Sunal Bhatia
Mrs. Murthy

**Madhubani Painting**:Ms. Ruby
**Dance:**Ms. Neha, Mr. Vivek
**Embroidery class:** Mr. Nasrudeen
**Academic session:** Dr. jitender Gaur
**Yoga Camp:** Acharya Ashutosh, Mr. Prem Kumar, Ms. Rajni

## MEMORIES









# SUMMER CAMP, P.S.WELCOME

## 16TH MAY, 2016

Summer Camp was organized in Police Colony and Police Station Welcome. It was inaugurated by Ms. Shefali Verma, President, Delhi Police Families Welfare Society on 16th May, 2016. As a process of preparation for the Summer Camp, Police Colony, Welcome was visited and a meeting was conducted with the residents of the Police Colony, Welcome and Police Colony, Bhajan Pura. The complaints of the residents were listed down and necessary instructions were given by Ms. Shefali Verma, President PFWS to resolve the same at the earliest.

The various activities involved in the camp were yoga, dance, drawing and painting which was attended by approx.30 children of police families. The self defence classes got a huge response with 45 participants from police families. The Summer Camp at Police Colony and Police Station, Welcome came to a pleasant end with the guiding words of Ms. Shefali Verma, who encouraged the ladies present there to be more participative and come forward to take new initiatives, which can help the police families.

## TEAM



TEAM **Dr. Kamlesh Singla, Mrs. Trupti Swami Mrs. Rachna Golcha**

## TEAM MESSAGE

"The experience of organizing the summer camp was a positive one. The event was successful in bringing together several police families for a meaningful purpose. Such camps should be organized regularly in the future so as to create a sense of camaraderie amongst police families. This will ultimately help in giving Delhi a more united and contented police force."

## ACKNOWLEDGMENTS

BL Kapoor Super Specialty Hospital
**Om Dance Academy**

Sh. Dinesh Sharma - **Yoga Teacher**

Sh. Darshan Sharma - **Art Teacher**

## MEMORIES









# SUMMER CAMP, SHALIMAR BAGH

## 19TH MAY 2016

A summer camp was organized in Police Colony Shalimar Bagh from 19.05.2016 to 16.06.2016 to motivate the residents of Police Colonies and their wards to avail opportunities for specialized help during camp.
During the summer camp held in Police Colony, Shalimar Bagh, a total of 62 children and 28 ladies residing in Police Colony, Shalimar Bagh got themselves registered in the camp for the above said events.

Apart from this, counseling of 60 women, 15 men and 22 girls residing in Police Colony, Shalimar Bagh was imparted by Dr. Renu Gulati and her team. During the summer camp, a health check up camp was also organized in Police Colony, Shalimar Bagh. Dr. Arvind Kishore, Orthopedics Specialist and his team members medically examined the residents of Police Colony, Shalimar Bagh. A Total of approx. 60 members residing in the Colony were examined by the team of doctors during the Camp. About 90 persons including ladies and children of Police Colony, Shalimar Bagh participated in the activities undertaken in the camp. It proved to be the most successful summer camp in the Colony. The residents of PC Shalimar Bagh not only got benefited and skilled in these fields, but also gained a lot of confidence. A lot of hidden talent was also discovered in the process.

## TEAM



TEAM **Mrs. Santosh Kumar, Mrs. Priti Singh, Mrs. Uvika Singh**

## TEAM MESSAGE

The Shalimar Bagh Team had a very enriching experience during the course of the Summer Camp. We saw how women, who had never stepped beyond their kitchens, dance with complete abandon, learn crafts with the keenness & curiosity of a child and shed their personal inhibitions during counselling classes. The much loved Yoga sessions brought in a sense of well-being amongst men & women of the colony & self defence classes have empowered girls to step out without fear. The summer camp of 2016 was nothing short of revolutionary & the residents are extremely grateful for the opportunities provided & bonds fostered for life.

## ACKNOWLEDGMENTS

Dr. Arvind Kishore
Mrs. Divya Gupta & Mr. Manish Mittal
Yoga Instructor- Mr. Randhir Singh Randhawa

## MEMORIES









# SUMMER CAMP, VIKASPURI POLICE LINES
## 20TH MAY, 2016

The summer camp was organized in Police Lines, Vikaspuri from 19th May, 2016 to 3rd June, 2016. As a prelude to the summer camp, a comprehensive medical check up camp was organized on 14thMay, 2016 which was attended by more than 400 participants. Commissioner of Delhi Police, Sh. Alok Verma and President PFWS, Ms. Shefali Verma graced the occasion and applauded the efforts of PFWS.

The health camp included diabetes check up with aid from Max Hospital, tuberculosis check up by DDU hospital, dental check up by team from Ganga Ram Hospital headed by Ms. Sunitha Kamraj, senior member of PFWS and eye check up camp by team from MIFW. A park was also inaugurated by PFWS President, Ms. Shefali Verma, on 14th May, 2016.

The summer camp in itself had multifarious activities to offer such as yoga, badminton, computer classes, dance classes and counseling sessions.

## TEAM




TEAM **Mrs. Sandhya Upadhyay, Mrs. Kirti Joshi**
**Mrs. Archana Kumar**

## TEAM MESSAGE

The experience and words seems endless, when it comes to expressing but putting it in short, it moulded us into a better and satisfied human being and we as a team look forward to even bigger challenges and opportunities for the betterment of the families of our force which connects with us in a better way after these camps.

## ACKNOWLEDGMENTS

Dr. Sameer- Diabetes Foundation, Dr. Sanjay Kumar Goyal- DDU Hospital, Dr. Sunitha Kamraj-Sir Gangaram Hospital, Dr. Ashish Bhutani- MIW Foundation, Dr. Veenu Taneja- DDU Hospital, Dr. Renu Gulati and Dr Veenu Wadhwa- Institute of Home Economics, Hauz Khas Yogacharya Ashutosh and Ms. Preeti- Panchwati Yogashram and Nature Cure Center, Mr. Vivek and Mr. Varun (Choreographers)- VEDAS (Velocity Dance and Art School), Football coach Mr. Siddarth- Modern School, Barakhamba, Blind School, Lodhi Road, Near Oberoi Hotel

## MEMORIES











# SUMMER CAMP, PITAMPURA

## 25TH MAY, 2016

Pitampura Police Colony is amongst the largest and the oldest of the police residential complexes of Delhi Police which spans over an area of 11 acres. Amongst other buildings, the Pitampura Police Colony houses a welfare centre run by Delhi Police Families Welfare Society and activities like Masala preparation (grinding and packaging), kadhai ( embroidery) etc have been actively pursued by the members. Ms. Shefali Verma, President PFWS along with the senior members of PFWS, has taken initiative of reenergizing the activities as well as the residents of PPL and in this pursuit, a holistic summer camp was conceptualized.

A two week summer camp was held from 25th May, 2016 to 8th June, 2016 in the area. The inauguration ceremony was held at a training centre adjacent to the PPL Welfare Centre. Ms. Shefali Verma was the Chief Guest and the senior members of PFWS attended the inauguration ceremony along with the residents of Police Colony, Pitampura. A multifarious program consisting of activities like Yoga, study assistance and hobby classes consisting of calligraphy and poetry, recreational activity in the form of dance, and capacity building ones like cookery classes was designed. 100 persons participated in yoga classes while participation in language speaking course and cookery classes was 30 and 25 respectively. Two health camps were also organized and due to the initiative of Ms. Shefali Verma, 70 saplings were planted in the area on World Environment Day.

The closing ceremony of the summer camp was organized on June 8th, 2016 at the Auditorium of Bal Bharati Public School, Pitampura. The President, PFWS felicitated the instructors and participants. She congratulated the team of PFWS for organizing a wonderful program where there was a widespread participation.

## TEAM



TEAM **Mrs. Bhawna Malik, Mrs. Bhagya Shri and Mrs. Namrata Singh**

## TEAM MESSAGE

It was a rewarding experience participating in this summer camp and most importantly being a part of the team that revived the welfare centre at Pitampura Police Colony. I pray that this pursuit continues in the times to come and more and more police families benefit from endeavours of this kind.

## ACKNOWLEDGMENTS

Dr Kanchan , Medicity , Dr S K Goyal - DDU hospital

Dr Baljeet - Accupressure , Dr Veenu Wadhwa , Counsellar

Deepti- Art & craft trainer

Mrs Sudha Kapoor , Cooking instructor

Rohit & Anchal - DHOOM Dance Academy

## MEMORIES









# SUMMER CAMP, RAJENDER NAGAR

## 5TH JUNE 2016

For the welfare of residents of police personnel, Police Families Welfare Society, under the guidance of Ms. Shefali Verma, President PFWS, organized a Summer Camp from 5th June, 2016 to 12th June, 2016 in collaboration with Uniting Smiles Foundation at Police Station Rajinder Nagar, STU, Delhi. Ms. Shefali Verma, the President of PFWS (Police Families Welfare Society) inaugurated the summer camp in presence of Mrs. Sushi Singh w/o Sh. S.B.K. Singh, Spl. CP/L&O (North), Mrs. Sunitha G. W/o Sh. P. Kamraj, Spl. C.P./L & O (South), Mrs. Jyoti Chahal W/o Sh. Virender Singh Chahal, Jt. CP/CR and other PFWS members.

A medical check up camp was organized with the help of B. L. Kapoor Hospital which was attended by 500 members of police families. United Smiles Foundation organized dance and singing classes which were attended by approx. 35 women and children. Beside this, in-house resource persons and experts of district police imparted training in yoga, aerobics and self defence.
The summer camp ended successfully on 12th June, 2016 in the auditorium of Bal Bharti Public School where President PFWS, Ms. Shefali Verma congratulated the central district and emphasized the need for regular interactions with police families to understand their problems and views.

## TEAM



TEAM **Mrs. Jyoti Singh, Mrs. Sangeeta Singh and Mrs. Isha Pandey**

## TEAM MESSAGE

Campers/participants participated in different activities i.e Dancing, Yoga, Tailoring, Cooking, Defence from 05-06-16 to 12-06-16 to promote team building, self-esteem, confidence, and social awareness and was a new experience for all the campers/participants. Trainers did an amazing job making participants feel comfortable and welcomed. All the participants felt that the group became a real family. All the instructors and teachers were overwhelmed by the enthusiasm shown by all the participants in learning various skills. They had an excellent overall experience as they got the opportunity to be a part of such huge initiative and impart their skills for the benefit of society at large.

## ACKNOWLEDGMENTS

Shri Sanjeev Arora, Indraprastha Sanjeevni,
Dr. PK Rastogi Cardiologist Jaipur Golden Hospital.
Mr.Binay Dimri, Uniting Smile Foundation
Mrs. Laxmi For Beauty And Hairstyle, Mr. Shiv Kumar Kholi Music, Mrs. Meghna Mehra And Jaya Nagi For Dance. Self Defence ASI Kiran Sethi, Yoga- ASI Pushpender kumar, Sitching Classes From Usha International Limited.

## MEMORIES









# SUMMER CAMP, TILAK NAGAR
## 10TH JUNE 2016

On the demand of the residents of the police colony a summer camp was organized from 10th June, 2016 to 24th June, 2016. For the convenience of the residents of the colony the venue for the summer camp was set as PS Tilak Nagar. It was inaugurated by Ms. Shefali Verma, President of PFWS.

The camp saw an overwhelming participation by 140 children and ladies, eager to avail the rich experiences. This camp offered classes in yoga, painting and drawing, sports, craft, music and dance. Special trainers and expert faculty members held sessions every day.

The Police station mess hall and park was abuzz with hectic sports activities and self defence training. There were sports teachers and trainers present to sharpen the students' skills in sports. In Art and Craft, the students were taught the finer nuances of 'Mural Painting'. Needless to say, the residents were exposed to very invigorating learning sessions with 'hands-on-experience' in all hobbies they wished to pursue. The summer camp ended successfully on 24th June, 2016

## TEAM



TEAM **Ms. Kirti Joshi, Ms. Rashmi Vyas and Ms. Mamta Shaukeen**

## TEAM MESSAGE

As per the team of senior members of PFWS Kirti Joshi Kumar, Rashmi Vyas and MamtaShaukeen, " We felt really good seeing the children and their families appreciating our efforts. If we didn't work together like a swarm of bees, we would have never achieved success as sweet as honey. When we expected good, the families gave us better. When we expected better, they gave us best. When we expected best, they made us feel extraordinary." We thank the parents and children for being the part of the summer camp and we assured them to organize such activities in future.

## ACKNOWLEDGMENTS

Yoga: Mr. Deepak Grover from Bhartiya Sansthan

Painting & drawing: Yana Singh

Dance: Mr.Vivek Kumar and Varun Kumar

Self Defense: Mr. Dinesh Khande, National federation.

Volleyball: Mr.Ved Prakash from GTB SS School.

## MEMORIES









# SUMMER CAMP, P.C. DWARKA

## 11TH JUNE 2016

The summer camp at Dwarka was organized from 11th to 25th June, 2016 at Community Centre, PHP Police Colony, Dwarka. The camp was inaugurated by President PFWS, Ms. Shefali Verma with the unique idea of planting saplings to beautify/enrich the environment. A medical camp was organized by Rescue Hospital for the police families. As a tribute to police personnel, a street play was organized on the occasion to highlight their role, duties and responsibilities.

The summer camp included activities like yoga and self defence which was attended enthusiastically by approx.65 participants from police families. Tansen Sangeet Mahavidyalaya trained 36 persons in music and 54 in dance and beauty course was imparted to 32 persons by Geetanjali Beauty Salon. Apart from the above various other activities were conducted for the benefit of police families such as career counseling, English speaking and motivational lectures, painting, cooking and art and craft classes, potli making classes and aerobics among others. The closing ceremony took place on 25th June, 2016 at Seminar Hall, GGSIP University, Dwarka.

## TEAM



TEAM **Mrs. Namrata Singh, Mrs. Shalu Singh, Mrs. Rashmi Vyas**

## TEAM MESSAGE

Organising Summer Camps in Police Colonies for the ladies and children of police men was a unique and wonderful experience which gave them an opportunity to not only utilise their holiday time but to show their hidden talent. It was fulfilling for us too. Through various activities of the Camp, they were certainly able to come out of their moron and solitary life of which they have become a accustomed because of their husbands onerous schedule.

## ACKNOWLEDGMENTS

-Tansen sangeet mahavidyalaya for Music

-Geetanjali parlour for beautician

-Enigma gym for aerobics.

-Rescue Hospital -Dr Rajesh

-Center for Sight –Dr. Deepa Gupta.

-English speaking course by Shruti from I. P. University

## MEMORIES









# SUMMER CAMP, GOs MESS, ALIPUR ROAD.

## 18TH JUNE 2016

The summer camp at North District was organized from 18th June, 2016 to 26th June, 2016 in GO's Mess, Alipur Road. The camp was inaugurated by Ms. Shefali Verma, President, PFWS in presence of Mrs. Sushi Singh w/o Sh. S.B.K. Singh, Spl. CP/L&O (North),Mrs. JyotiChahal W/o Sh. Virender Singh Chahal, Jt. CP/CR and other PFWS members. An NGO, Indraprastha Sanjeevani organized a free health check up camp for the benefit of police families. As far as summer camp was concerned, the emphasis was to make use of inhouse resource persons as well as outside experts to provide quality time and training to the members of police families. The activities envisaged for the camp included yoga and self defence classes by the experts from Delhi Police staff itself. The United Smiles Foundation imparted training in dance, music, elocution and drama. Street plays were also organized highlighting the importance of unity and self defence. Renowned Chefs such as Sh. Harpal Singh Sokhi, Sh. Rakesh Sethi, Sh. Ripudaman Handa of Master Chef fame came forward to impart cookery classes to police staff wives and children. It was appreciated by one and all. Besides this, mehendi classes, beauty culture classes and hair styling sessions were also organized. The camp culminated in Hansraj College Auditorium on 26th June, 2016 in the presence of Ms. Shefali Verma and other senior members of PFWS where they appreciated the effort of the team in putting together a good show. It needs to be highlighted that efforts were made by the district team to organize the activities despite the constraint of not having a welfare centre. President PFWS, Ms. Shefali Verma has assured to take immediate steps to get a space identified for the opening of welfare centre in North and Central Districts.

## TEAM



TEAM **Mrs. Jyoti Chahal, Mrs. Sangeeta Singh, Mrs. Isha Pandey, Mrs. Niharika Rai**

## TEAM MESSAGE

Dancing, Yoga, Tailoring, Cooking, Beauty Parlour and Self Defence from 18-06-16 to 26-06-16 to promote team building, self-esteem, confidence, and social awareness and was a new experience for all the campers/participants. Trainers did an amazing job making participants feel comfortable and welcomed. All the participants felt that the group became a real family.

## ACKNOWLEDGMENTS

Shri Sanjeev Arora, Founder & Team Indraprastha Sanjeevni, Dr. Pk Rastogi Cardiologist & Team jaipur Golden Hospital, Mr.Binay Dimri Uniting Smile Foundation Organise, Shif Repu Daman Handa, Chef Harpal Singh So Khi, Chef Rakesh Sathi & Team Cook And Bake Gave Cooking Classes.Mr.Uday & Teem Double Hand NGO Gave Beauty Parlour Classes.

## MEMORIES









# MERITORIOUS STUDENTS

## NPL, KINGSWAY CAMP

- Ashwanth - 95.4
- Ashish Kumar - 86.2
- Lakshya Singh – 94
- Jyoti Malik - 95.8
- Ranjit Dev - 95.5
- Anjali vijzyan – 92
- Vismaya - 95.6
- Amritha.K - 87.25
- Ayush Lepcha - 89.25
- Atulya Krishna - 85.6
- Shakshi Singh – 92
- Tarundeep kaur - 94.6
- Anisha – 9 CGPA
- Sneha – 10 CGPA
- Surmeet kaur – 9.6 CGPA
- Sruthika – 9.8 CGPA
- Ritika Rawat – 10 CGPA

  Vipin singh – 10 CGPA

## MALVIYA NAGAR

- Kristy Amathew - 9.4 CGPA
- Rishabh Ahlawat - 10 CGPA
- Sanjana Sanjeev - 9.8 CGPA
- Ipsita Pathak - 10 CGPA
- DhruvAhlawat - 9.8 CGPA
- Prachi Chaudhary - 88.2%
- Aishwarya - 89%

  Robin R Cherian - 90%

## PC–VIKASPURI

- Adwaith Krishna Das - 10 CGPA
- Diksha – 9.5 CGPA
- Vashu - 10 CGPA
- Saraj Rao - 10 CGPA
- Mukul Yadav - 10 CGPA
- Aditya Kumar - 9.4 CGPA
- Harshit - 9.2 CGPA
- Akash Mishra - 90.8%
- Kiran - 92%
- Saweta - 94.4%

## NORTH DISTRICT

- Ombieer 90 % - 10th
- Aatkah Amaan 89.2% - 12th
- Rajat Bhardwaj 87.4% -12th
- Anmol Walia 84 % -12th

## RAJENDER NAGAR

- Mr. Aman P -9.6 CGPA In 10th
- Mr. Kartik Jeph 88%12th

## PC - SHALIMAR BAGH

- Ravi Kumar% - 93.06
- Gargi – 10 CGPA
- Vanika Choudhary – 10 CGPA
- Devika Vijay – 10 CGPA
- Meenakashi – 10 CGPA
- Sonam Yadav – 10 CGPA
- Kamal - 9.8 CGPA
- Nitika Vaid - 9.8 CGPA
- Ekta Khokhar - 9.8 CGPA

  Nidhi - 9.2 CGPA

## PC – DWARKA

- Ms. Manshi Joshi - 94.2% 12th
- Ms. Charul Deshwal - 10 CGPA
- Ms. Khushi Dhaka - 10 CGPA
- Mr. Saurav Raj - 9.8 CGPA
- Mr. Uttkrash - 9.6 CGPA
- Mr. Harsit Sharma - 9.6 CGPA
- Mr. Akshay Kumar - 9.6 CGPA
- Mr. Ashish - 9.4 CGPA
- Ms. Mamta Meena - 9.2 CGPA
- Mr. Gaurav - 9.0 CGPA
- Mr. Anshul - 8.6 CGPA
- Mr. Adesh Sharma - 85.2% 12th

## PC - TILAK NAGAR

- Saweta – 94.4%
- Vashu -10 CGPA
- Suraj Rao – 9.2 CGPA

  Mukul Yadav – 8.6 CGPA

## WELCOME – NORTH EAST DISTRICT

- Kanishka – 9.6 CGPA

  Anjali – 8.4 CGPA

# LATEST NEWS & EVENT

**Launch of Maitreyi**
( A Senior UT Cadre Officers Wives Club )
8th April, 2016

**Launch of new Welfare Center at Shalimar Bagh**
16th June, 2016

**Revival of Pitampura, NPL and Vikaspuri Welfare Centers.**

# UPCOMING EVENT

DIWALI MELA
11-12 October, 2016

PFWS CULTURAL PROGRAM
12th November, 2016

MEGA JOB FAIR
30th November, 2016

# PFWS OFFICE BEARERS

Sh.S.Vasudeva Rao, Spl.CP Welfare

Sh. Sharat Kumar Sinha, DCP P&L

Sh. T.P.S Tomar, ACP CSA

Ms. Jasvinder Kaur, Inspr.Welfare

Ms. Tirath Devi,Inspr. Welfare

# COUNSELING SESSIONS AND FEEDBACK











PFWS under the able leadership of President PFWS, Ms. Shefali Verma undertook the task of counselling of our youth from police colonies for right guidance in right time. Women also participated in it and were immensely benefitted. PFWS renders its sincere gratitude to Dr. Renu Gulati, Dr. Veenu Wadhwa & team for their selfless service to the women, children and police personnel of police community.

Feedback story of counseling sessions held during 10 summer schools all across Delhi centers & police colonies.

**To**

**Commissioner of Police**
**Delhi Police**
**New Delhi**

**Sub: Voluntary work for the families and Police Personnel**

**Sir,**

**Police Personnel have a very stressful job. Stress is inevitably passed on to family members as well.**
**I along with my team carried out counseling sessions at four locations for wives of Delhi Police Personnel. People who attended there sessions found them very useful for dealing with day to day stresses.**

**We plan to conduct such programs at other locations as well.**

**LOOKING AHAED, I feel we should extend this service to police personnel as well. And we should integrate this program with Health & Motivational Talks as well for a holistic approach.**

**Dr. Yash Gulati, Senior Consultant Orthopedic Surgeon [Awarded Padma Shri by the President and prestigious Dr. B.C. Roy National Award by Medical Council of India] has agreed to be associated with this noble cause.and will be happy to give health and motivational talks to the police personnel.**

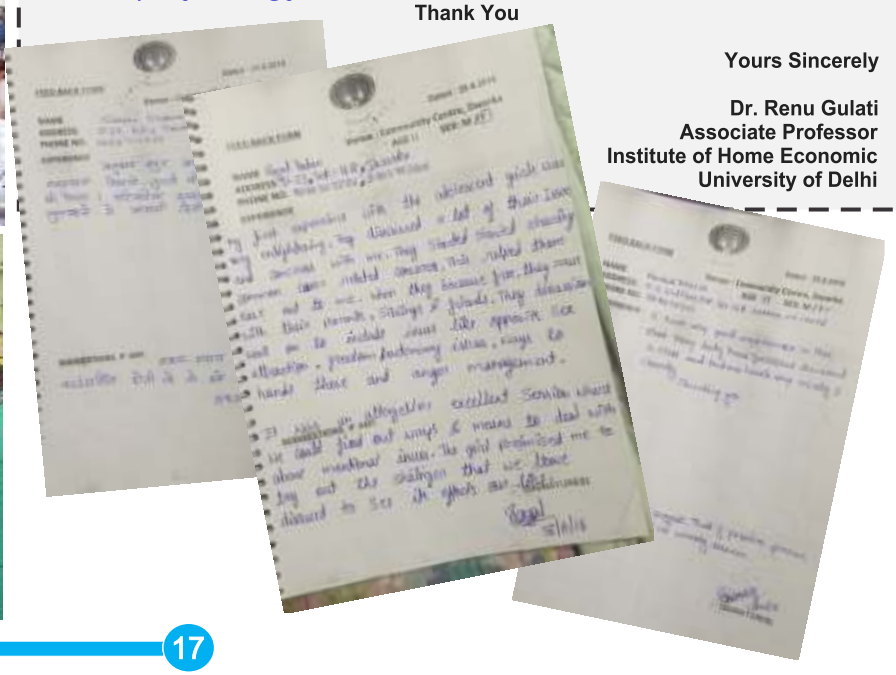
**I am sure this will be appreciated by police personnel and their families.**

**Contact Details**
**· Dr. Renu Gulati**
**Phn:- 9650193024**
**Email:- drrenugulati@gmail.com**
**· Dr. Yash Gulati**
**Phn:- 9811031024**
**Email:- dryashgulati007@gmail.com**

**Thank You**

**Yours Sincerely**

**Dr. Renu Gulati**
**Associate Professor**
**Institute of Home Economic**
**University of Delhi**



*We are grateful to all colleagues, participants/ residents and organizing guests, organizers, philanthropists. We remain determined to address the need of the community and we look forward to your continued support.*

*TEAM PFWS*

*Koshish.....एक आशा*

*This brochure aims to provide glimpse of the PFWS Summer Schools, our aspirations for the opportunities of involvement of police families that will help us create positive change.*

Please send suggestions :

pfwspresident@gmail.com https://web.facebook.com/Maitreyi-1763795147177403/