

From The Editor's Desk



Dear Members,

It gives me great pleasure to present to you the 2nd edition of EOEWa newsletter. Building on the positive feedback received for the inaugural issue, we have strived to make this edition even more engaging and informative.

This time, we are excited to introduce a new feature "Members' Corner" a dedicated space to showcase the talent and creativity of our members. We hope this platform encourages more participation and fosters a sense of connection among all members.

As always, this edition brings you the latest updates and highlights of our ongoing initiatives. I sincerely thank all contributors and look forward to continued support from our readers in shaping future editions.

We remain committed to making each edition more informative and interactive. Your suggestions, stories, and feedback are always welcome and will help shape the future editions of this newsletter.

Happy reading !!

Amit Narayan

1st July 2025

A. Meetings

1. Milan Utsav 2025 (12th April 2025)

EOEWA organized Milan Utsav on 12th April 2025 to celebrate the spirit of festivals and cultural unity. This event brought together members and their families in an atmosphere filled with festive cheer and served as a wonderful platform to showcase cultural richness, and foster togetherness among the EOEWA members.



EOEWA also organized two informative sessions promoting awareness on important issues affecting its members:

- A talk on **Holistic Health for Seniors** by **Dr Tapaswini from Apollo Hospital** focusing on physical, mental, and emotional well-being in later years, offering practical tips for embracing healthy lifestyle in the golden years.
- Another presentation was made on the **Sustainability Challenge of PRMB** was also made by ONGC officers highlighting rising healthcare costs, long-term viability and the need for responsible utilisation to ensure continued benefits for all members.





On this occasion, President Mr Ashok Verma also launched the **maiden edition of EOEWA's newsletter**, designed in-house and compiled by Mr Amit Narayan. This initiative is aimed at regularly sharing important updates and activities undertaken by the association. The newsletter will also serve as a platform to showcase creativity of members.

The program concluded on a high note with a scintillating performances by talented members, who showcased their artistic flair and brought the celebrations to life with music & poems.

These initiatives reflected EOEWA's dedication to enhance cultural bonding, member welfare, and effective communication.



B. Excursion trips to Palampur



EOEWA organized **group excursion trip to Palampur and nearby scenic gems of Himachal Pradesh** with stay at 'Vishranti' (Senior Citizen Home). Itinerary was specially curated for **retired ONGC fraternity** to reconnect, reminisce, and rejuvenate amidst the serene tea gardens, snow-kissed mountains, and spiritual tranquility of the Dhauladhar foothills. This trip offered the perfect blend of **nature, relaxation, and companionship**. Visit to Shaktipeeths and Buddhist monasteries provided everyone moments of quiet introspection.

Trip for 3 groups was organized totaling 91 members & spouse. These trips created memories , unforgettable moments and promises to keep in touch with each other



Group 1 (24th May - 30th May 2025) - 28 members



First group of 28 members reached Palampur on 24th May'25. Visit to 5 Shaktipeths, Para gliding site at Bir billing ,tea gardens around Palampur, picturesque Naddi , Neugal , Saurabh Kalia Van Vihar brought members close to the nature.

Visit to Dharamshala included Dal lake, St John's church, Bagsunag temple and Dharmshala cricket ground after a ride in cable car.





This group was fortunate to get the appointment of His Holiness Dalai Lama who blessed each couple individually. In addition, group was also hosted by GOC of YOL Cantonment on evening of 25th May at his residence.

On the last day Dham dinner with local Cuisine was also experienced by all at Takri restaurant amidst lush green tea gardens.



Group 2 (31st May – 6th June 2025) – 32 members



Group 2 consisting of 32 members reached on 31st May 2025. This group followed the similar itinerary as of first group and covered scenic Himachal and also sought blessings of Shaktipeeth of Chintpurni, Bagula mukhi, Jwalamukhi ,Brijeshwari Devi Kangra temple , Chamunda Devi , Jakhni devi and ancient Shiva temple at Baijnath.





Group 3 (7th June - 13th June 2025) - 31 members



Group 3 consisting of 31 members reached Palampur on 7 June. The group also followed the itinerary followed by earlier groups and had darshans of all the Shakti Peeths and visited monasteries.





Main highlight of this group was that Four members of the group experienced the thrill of paragliding soaring above the stunning Himalayan landscape at Bir Billing, one of the world's top paragliding destinations.



C. Members' Corner

कमीज़

कहीं उसकी कमीज़ मेरी कमीज़ से सफ़ेद तो नहीं?
हसता हूं जब भी सुनता हूं क्योंकि
ये बुनियादी सवाल ही नहीं।

दिल की चुभन तो किसी और बात में है।
फर्क करने की रवायतों रिवाज़ में है

तकलीफ़ यू है के उसके पास कमीज़ ही क्यू हो?
गर वो भी मुझी मिल जाए तो फिर फर्क क्यों कर हो?

चलो हम हस्ती दिलदार है इसलिए इतनी रियायत कर देते है।
उसकी ज्यादा सफ़ेद थी, मौका देख कर अपनी से बदल लेते है।

गजब है, क्या कहें, हैरान हम अब भी हैं।
मेरी वाली.... अब उसकी..... फिर ज्यादा सफ़ेद दिखती है।

ये क़यामत का खेल है या कोई जादू है?
क्यू ऐसा होता है.....बस ठगे से सोचते हैं।

ये लगा कि हमसे कुछ बात उसमें कुछ खास है।
जो है अपने पास हमें नहीं उसका एहसास है।

इतना घुमा फिर के क्या बोलना यारों, ये सब बकवास है।
मुद्दा ये है के सबको वोही चाहिए जो दूसरों के पास है।



- विकास तायल -

नारी के रूप

जलती चिता की चिंगारी हूँ मैं, न समझ अबला, सबल नारी हूँ मैं !
सृष्टि की रचयिता , माँ की ममता ,बहन का प्यार , रिश्तों में मेरे
नाम हज़ार !

सबकी प्यारी हूँ मै।

न ले सब्र का तू मेरे इम्तहान , अगर बन गयी चंडी तो मुंड की माला
पहन,

बन जाउंगी काली सवरूप हत्यारी मैं !

अब भी समय है जाग जा पुरुष तू ,
अन्यथा नामोनिशा मिटा देने की कर रखी तयारी है मैंने !

समय की धारा

वक़्त यू ही निकल जायेगा , न ये तेरे साथ जायेगा न मेरे हाथ आएगा !

हम सब तो है मुसाफिर यहाँ पल भर के ,

तू ढूँड न हर बात का हल , किसी न किसी को तो ये मिल ही जायेगा !

वक़्त यू ही निकल जाएगा !

आज की खुशी कल का गम , क्या पता अगले पल क्या हो जाएगा !

हर पल आगे जाने की होड़ है यहाँ ,ये न सोच तू पीछे रह जाएगा !

हंस ले बिता ले खुशियों के पल ,

सब कुछ यही रह जाएगा , कुछ न तेरे साथ जाएगा !

वक़्त यू ही निकल जायेगा !

- हरेंद्र कुमार



D. Important Circulars

No. DDN/CORP-ER/POLICY/Med Remb/2025

Dated: 14.02.2025

OFFICE ORDER (04/2025)

Subject: Review of Processes involved in extending Medical Benefits to active and retired employees

No. DLI/HR-ER/POLICY/Med Remb/2025

Dated: 16.04.2025

OFFICE ORDER (16th April/2025)

Subject: Details for Submitting Medical Claims

No. DLI/HR-ER/POLICY/Med Remb/2025

Dated: 11.04.2025

OFFICE ORDER (11 April/2025)

Subject: Review of Processes involved in extending Medical Benefits to active and retired employees in Delhi from 15.04.2025

Detailed circulars can be accessed on Bandhan portal

E. Upcoming activities

Celebration of ONGC Day is tentatively planned on 23rd August'2025 (Saturday). Further details would be shared subsequently.

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Kindly mail articles & suggestions to eoewadelhi@gmail.com