



VARUNI

NEWSLETTER
APR 2016-APR 2017



*Navy Wives Welfare Association
Northern Region*





President's Message



Dear Ladies

It has been a wonderful journey for the past one year as President NWWA, Dehradun. Our team consists of extremely talented ladies who showcased their skilful and vivacious talents in various activities. Despite being a small community we have had a number of activities and events like Milan, coffee morning, drawing competition for children, a picnic on the occasion of NWWA Diwas and many more.

NWWA activities provide every individual an opportunity to learn and improvise on the knowledge garnered at some point in time. To add to the flavour, when it is a collective effort there is an immense contribution of ideas, talent and effort which serves to enrich the organisation.

The Newsletter is a medium of spreading awareness of this small community nestled at the foot hills of the Shivaliks and highlight our activities. As I look back at our achievements, I feel contented and hope that we have succeeded in doing our bit as responsible women of an independent nation.

Jai Hind!

Dehradun

June 2017

Amrita Badhwar

Mrs. Amrita Badhwar

President, NWWA Dehradun



Editorial Message



Dear Readers,

It is time for yet another annual edition. A year full of activities, fun and excitement has been captured in the Newsletter 2016 – 2017. We would like to thank all our readers for an overwhelming response given to our sincere efforts for the previous edition. We also request our readers to send us your suggestion or ideas by email to the address given - nwwadehradun@gmail.com

We acknowledge the contributions from one and all towards publishing this edition and wish you a happy reading.

Dr. Sulekha Nautiyal

Mrs. Shubha Jolly

Mrs. Rajee Menon

Cover page designed by Mrs.Vrinda Bekal

Cover page designed by Mrs.Vrinda Bekal



From the Secretary's Desk

Our small community nestled in the pristine valley of Dehradun, has seen a conglomerate of activities, all organized and executed by the multifaceted ladies of the NWWA, Dehradun.

An overview of the year's activities:-

APRIL 2016

Quilling or paper filigree is an art that involves the use of strips of coloured paper that are rolled, shaped and glued to create decorative designs. Mrs.Vrinda Bekal conducted a skillful demo cum practice session for the ladies and the children making Quilling as easy as it looks, petals, flowers, pendants, designs for quilling cards etc. were made with enthusiasm by the participants.

JULY 2016

Good conversation is just as stimulating as good coffee.

A coffee evening, presided over by Mrs. Amrita Badhwar, President NWWA, Dehradun was organized to welcome the new committee members. Mrs. Neelima Ramakrishna and Mrs. Smitha Arun Mathew were welcomed to NWWA, Dehradun. Our small book repository has seen a major face since. The new Portfolios were handed over to the ladies.

AUGUST 2016

In view of the festivals in August a Milan was organized. Mrs. Amrita Badhwar, President NWWA, Dehradun, interacted with the ladies. Games and food made the evening quite enjoyable.

SEPTEMBER 2016

Happiness is a tub of ice cream and a book of poetry under a shady tree.

Mrs. Smitha Arun brought about a lot of happiness by making and teaching the ladies how to make scrumptious ice creams like vanilla, chocolate, fig and honey, praline.

OCTOBER 2016

An exciting trip, a little shopping and loads of fun – was our visit to Purkal. Purkal Sthree Shakti Samiti is an organization that works for women in a rural village, in the outskirts of Dehradun. Women here are trained to make products like quilts, stoles, bags and pouches. A visit was organized to this small village. Dry ration was donated to them.

NOVEMBER 2016

On the occasion of Children's Day a painting competition was organized for the Children above the age of 10. Amrit Sajan won the first prize for painting a replica of NHO campus. A Fancy Dress competition for the younger children saw a little Lord Krishna, chacha Nehru, a tree, a jungle, a Dubai Sheikh and a Dabbawala. Gayathri Sajan, as the jungle stole the show by winning the first prize. Gifts and refreshments were distributed to all the children.

DECEMBER 2016

The NWWA alongwith the National Hydrographic Office conducted an enthralling and educative Inter School Quiz Competition Mrs. Seema Sajan and CDR Kamal Ashraf were the Quiz masters. Various schools including the differently abled children from the Bajaj Institute of Deaf and Dumb participated. Mrs. Amrita Badhwar, President NWWA, Dehradun was the chief guest. She awarded the trophy to the winning team from Army Public School and gave away the certificates to all the participants.

JANUARY 2017

The New Year saw new beginnings.

After a well-deserved winter break, the ladies were back and organized a Milan to welcome Mrs. Tanvi Arora, Vice – President, NWWA Dehradun.

FEBRUARY 2017

To celebrate NWWA Diwas a picnic was organized to the Tibetan Monastery. It was indeed a memorable day for the ladies with fun, games and a scrumptious lunch.

MARCH 2017

A group of very enterprising young students dedicate their time, energy and pocket money toward serving the needy. Having formed an NGO named MAD Making A Difference By Being The Difference the youngsters collect clothes, books and accessories to distribute to the needy. The ladies of NWWA, Dehradun donated to this noble cause.

APRIL 2017

“Photography is an art of observation. It has little to do with the things you see and everything to do with the way you see them” – Elliott Erwit

A Photography Competition was conducted by the NWWA on the 12th of April 2017. Entries poured in from all the residents of NHO, Dehradun. The competition was judged jointly by Mrs. Amrita Badhwar, President NWWA, Dehradun and Mrs. Tanvi Arora, Vice-President NWWA, Dehradun.



The secret of being
Happy
is accepting where
you are in life and
making the most
out of everyday.

Quilling Class



Coffee Morning



Ice – Cream Making Class



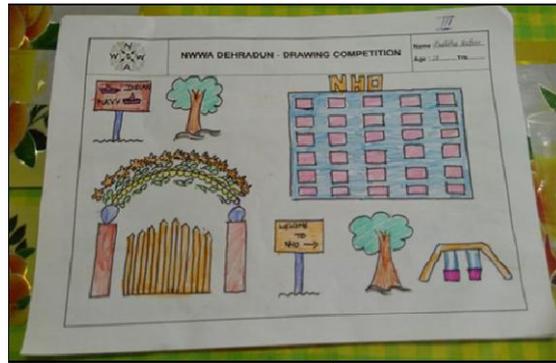
Outreach team visit to Purukul



Children's Day celebration



Painting Competition



NWWA Quiz Competition



Prize Distribution of the Quiz Competition



Welcoming of Vice – President, NWWA Dehradun



Donation to an NGO



Photographic Competition

First Prize



Second Prize



Second Prize



Third Prize



Team
WORK
makes THE
DREAM
WORK

Fitness is Therapy

An image of perfect fitness models lies deep inside the mind of every amateur fitness enthusiast. We look upon thousands and thousands of pictures of these fitness models on social networks with utmost glee and desire, hoping to be like them someday. But often we get lost in the darkness of achieving 'the perfect physique'.

There's nothing wrong with working out for just looking good naked. But this approach only works when you're starting off. People who continue working out for such reasons don't usually last long and drown themselves in disappointment. Fitness is often perceived as a quick fix that will help you get that six pack for the summer. Most people tend to give up on it soon after achieving that short term goal. Instead of associating body movement with just numbers on the scale, one should kinder body movement with something that is deeper. Fitting into an old pair of jeans might bring you some joy but this feeling is fleeting. Even if you reach that desired look, you won't be satisfied. You'll always want more than your previous 'better'.

The more you focus on feeling good rather than looking good, the more likely you are to commit to a healthy journey.

"Appearance is a consequence of fitness"- John Wright

If you hang in there long enough with fitness goals that don't emphasize on looking good, you will realize that looking good is nothing but an outcome of the lifestyle you chose years ago. Appearance is not your goal, but a few years down this road you may not recognize yourself.



Fitness is a journey not a destination. Years after walking on this road you'll look back and realize how much you've changed along the way. You will be filled with a sense of accomplishment and smashing your fitness goals will help you and other around you understand the importance of being consistent in anything you do.

There will be times when you'll fail. But if your reasons are strong enough you will fight back upon those fitness plateaus and break right through them. This will help you understand the importance of failure in order to succeed. And soon you'll start embracing your failure.

We all carry the power to influence other around us. The choice is ours, if we want to do this positively or negatively. Fitness is about self-development but at the same time it's also about spreading a positive message to the ones around you. When you create a positive mindset towards yourself through fitness, it starts reflecting upon others around you; making you, your family and your friends much more joyous and buoyant.

You are definitely on the wrong side of the spectrum if you're missing out on spending quality time with our loved ones just for a single meal or workout. Don't ever let fitness be a chore because life is not all about working out. Life is all about moderation, not deprivation. It's about that sense of community when like-minded positive people are all striving together to be better every single day. At the end of the day, working out is therapy and fitness is nothing but a lifestyle choice.

Dhruv Sharma

S/O Commodore AK Jolly



Unknown facts

Everyone has a unique tongue print just like finger print.

A shrimp's heart is in its head.

Russia has a larger surface area than Pluto.

Oxford University is older than the Aztec Empire.

There are more stars in space than there are grains of sand on every beach in the world.

Scotland's national animal is Unicorn.

An Octopus has three hearts.

Bandra Worlisealink has steel wires equal to the earth circumference.

Mast.Fazeel Ashraf

Class V

Collage of few entries of the Photographic Competition





Lucknowi Chicken biryani

By Mrs. Asma Ashraf

My secret Dum Biryani recipe is straight from the streets of Lucknow.

Serves: 4, Preparation Time: 2 hrs, Cooking Time: 30-40 mins, Complexity: Advanced

FOR MARINATION::

- 1 tbsp. Salt
- 1 tbsp. red Chili Powder
- 1 tbsp. Coriander Powder
- 1 tbsp. Cumin Powder
- 2 finely chopped Green Chillies

Ingredients:

- 500 gms Chicken (Skinless)
- 4 tbsp. fried brown Onions (Sliced and deep fried till golden brown)
- 2 tsp. freshly pound Garlic (can also use paste)
- 2 tsp. freshly pound Ginger (can also use paste)
- 2 cups of Curd
- 2 to 3 nos Mace (Javitri) crushed by hand



FOR COOKING THE CHICKEN::

- 2 Bay leaves, 2 Star Anis
- 2 tsp. Shahjeera, 2 Cloves
- 2-3 Black cardamom
- 1 stick cinnamon
- 7 tbsp. of Oil or Ghee
- 2 Cardamoms, 1 tbsp. coriander leaves

FOR COOKING THE RICE::

- 1kg Biryani Rice
- 6 tbsp. of Salt
- 2tsp. Shahjeera
- 2 Star Anis

FOR GARNISHING::

3 tbsp. Milk mixed with saffron

2 tbsp. coriander leaves

2 tbsp. mint leaves

5 tbsp. of fried onion



Directions:

To marinate the chicken, take all ingredients for marinating (mentioned above) in a bowl add chicken and mix well. Marinate the Chicken for minimum 2 hours. Soak Basmati rice beforehand, at least for 1 hour. Boil sufficient water for the rice. Make sure you use good quality Basmati rice. Add ShahiJeera, salt and star anis to the water followed by the rice.

Make sure you don't overcook the rice; we need to cook it only till its 50% done. Once half-cooked, strain and keep aside uncovered for the heat to escape.

For cooking the chicken, heat oil or ghee in a kadhai or a wok. Add all the whole garam masalas mentioned in the list "FOR COOKING THE CHICKEN". Now add in the marinated chicken, mix well and partially cover and let it cook for about 15-20 minutes on medium heat. After 15 minutes, you will see the oil starts to separate and float on top. Turn off the heat and set aside covered for 10 minutes.



Time for Layering: Take a deep vessel (preferably with a tight lid) in which you can dum (slow steam heat) the Biryani. Apply some ghee at the bottom of the vessel. Add in the chicken first, spread evenly. Now add the half cooked rice and spread evenly.

Garnish the layered biryani with ingredients mentioned in "FOR GARNISHING".

Cover with a clean towel and place a heavy lid on top. If you don't have a heavy lid place some heavy object on top of the lid. On very low heat let the biryani cook in its own steam for about 20 mins.

When done, uncover and serve hot.

Footnotes:

Use Good quality Basmati rice, the flavour of any biryani partially comes from the rice used.

No tomatoes are used in lucknowi Biryani that is the reason why curd is used a lot.

You may add 1 tbsp. of lime juice in the chicken, its optional only if you like tangy flavours.

Lucknowis do not use ground masalas, the whole garam masalas used in this recipe is the secret to the flavour in this dish.

पल भर का क्रोध

ज़रा सा व्यापार मिला, अहंकार हो गया ।
ज़रा सा धन मिला, बेकाबू हो गया ।
ज़रा सा ज्ञान मिला, उपदेश की भाषा सीख ली ।
ज़रा सा सम्मान मिला, पागल हो गया ।
ज़रा सा अधिकार मिला, दुनिया को तबाह कर दिया ।
ज़रा सा यश मिला, दुनिया पर हँसने लगा ।
ज़रा सा रूप मिला, दर्पण को तोड़ दिया ।
पल भर का क्रोध आपका पूरा भविष्य बिगाड़ देगा ।
अपनी समझ में बहुत बड़ा काम करते हैं ।
इस प्रकार तमाम उम्र छलनी में पानी भरते रहे ।



शहीदों की माँ को प्रणाम

कर गई पैदा तुझे उस कोख का एहसान है ।
सैनिकों के रक्त से आबाद हिंदुस्तान है ।
तिलक किया, मस्तक चूमा बोली ये लो कफन तुम्हारा ।
मैं माँ हूँ पर बाद में, पहले बेटा वतन तुम्हारा ।
धन्य है मैया तुम्हारी भेंट में बलिदान में ।
झुक गया देश उसके दुआ के सम्मान में ।
दे दिया है लाल जिसने पुत्र मोंह छोड़कर ।
चाहता हूँ, आँसुओं से पाँव वो पखार दूँ ।
ऐ शहीद की माँ आ तेरी मैं आरती उतार लूँ ।



चाहत

बोलना चाहते हैं तो – अच्छा और मीठा बोलो ।
करना चाहते हैं तो – परिश्रम करो ।
पढ़ना चाहते हैं तो – अच्छी किताबें पढ़ो ।
देना चाहते हैं तो – गरीबों को दान दो ।
मिटाना चाहते हैं तो – देश की गरीबी मिटाओ ।

सीखना चाहते हो तो – अच्छी बातें सीखो।
खोना चाहते हो तो – क्रोध को खो दो।
पाना चाहते हो तो – बड़ों का आशीर्वाद पाओ।
आदर करना चाहते हो तो – बड़ों का आदर करो।

कान्ती प्रसाद
पत्नी
आर. के. प्रसाद,
सीपीओ कॉम. (टेल.)



बर्फ उपचार

- हाथ पैर में दर्द हो तो बर्फ की क्यूब्स लेकर रगड़ें तो आराम मिल जाएगा।
- हैजा या अन्य किसी प्रकार के रोगों में जब प्यास अधिक लगती है तब बर्फ चूसने से लाभ मिलता है।
- दवा की कड़वी गोली खाने से पहले मुँह में बर्फ का टुकड़ा रख लेने से दवा कड़वी नहीं लगती।
- गर्मी या लू लग जाने पर बर्फ का टुकड़ा हाथ पैर पर रगड़ने से लू ठीक हो जाता है।
- काँटा गड़ जाने पर उस स्थान पर बर्फ लगा दें तो वह जगह सुन्न हो जाएगी और काँटा आसानी से निकल जाएगा।
- किसी चीज पर च्युङ्गम लग जाने पर बर्फ रख दें या मलें, च्युङ्गम निकल जाता है।
- गुम चोट लग जाने पर तुरंत बर्फ रगड़ दें तो खून नहीं जमता है, कहीं जले स्थान पर बर्फ मल देने से छाले नहीं पड़ते हैं।
- बार-बार उल्टी आने पर बर्फ चूसने से लाभ होता है। अगर नाक से खून आता है तो नाक के आसपास बर्फ मलने से खून आना बंद हो जाता है।
- शरीर के किसी भाग से खून आ रहा है तो, उस जगह पर बर्फ लगाने से खून आना बंद हो जाता है।

सोनू चाँद
पत्नी
स्व0 प्रभात चाँद





