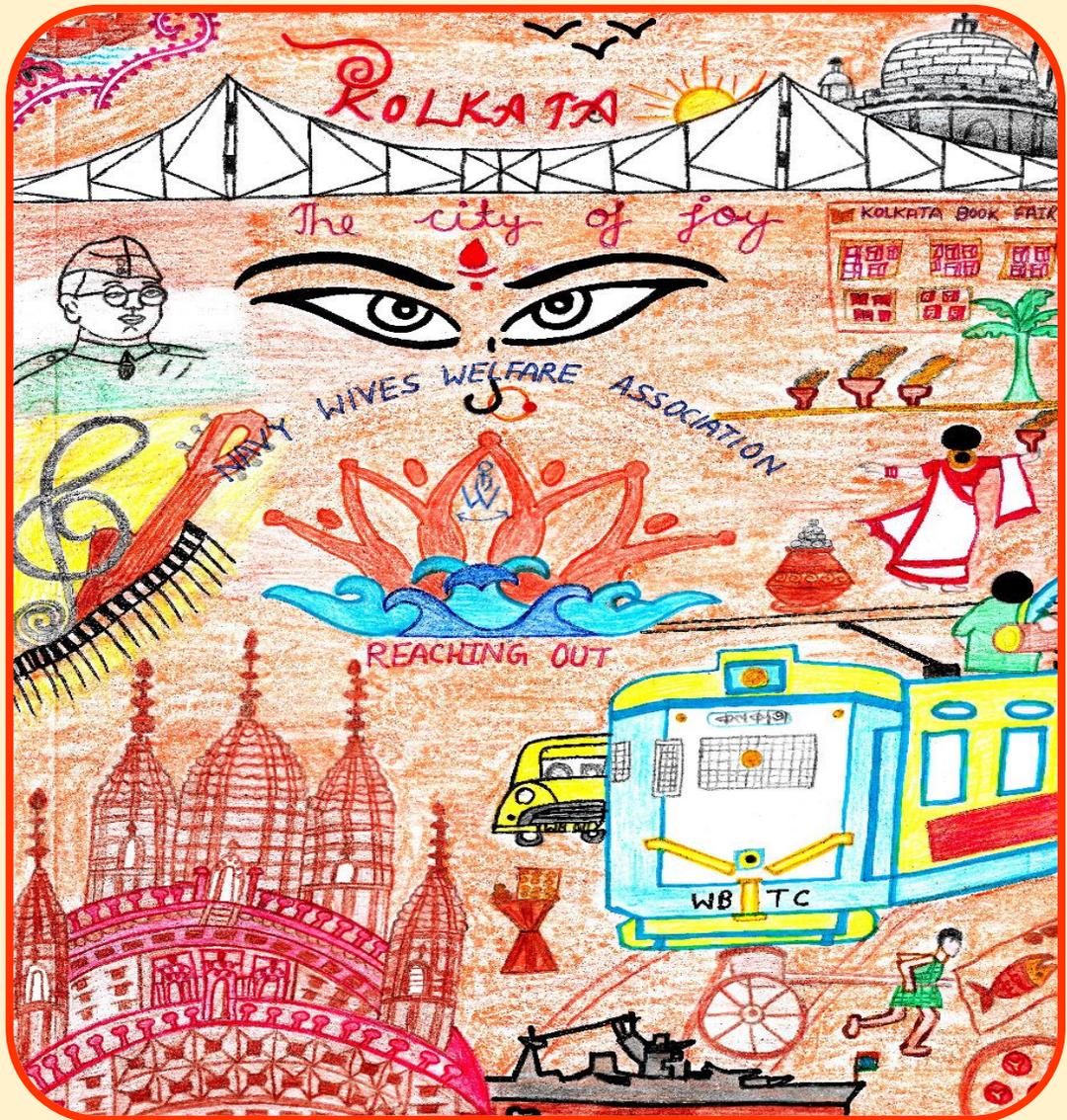




E -VARUNI 2020 NWVA KOLKATA

Yo!! Kolkata - "A City of Joy"



Kolkata isn't a city , it's an emotion, which breathes nostalgia, showcases modernity, celebrates rich culture, languages, cuisines, textiles, sports, politics and the spirit of Bengali Addas . Welcome to the city of Joy.

CORE COMMITTEE - NWWA KOLKATA



**Mrs Bandana De
President**



**Mrs Vani Kulkarni
Vice President**



**Mrs Shilpika Parashar
Secretary**



**Mrs Priya Anand
Treasurer**

EDITORIAL TEAM



Mrs Vani Kulkarni



Mrs Bandana De



Mrs Preeti Bawa



Mrs Shilpika Parashar



Mrs Savita Sanap

FROM THE PRESIDENT'S DESK

Dear ladies,

It is an honour for me to be associated with the naval way of life for the past 30 years. I have been a committee member in Cochin, Karwar , Vishakhapatnam and Mumbai holding various portfolios. But the most important and by far the most satisfying responsibility has been that of President NWWA Kolkata. I am immensely pleased and satisfied that we could connect with our naval and local society



bringing in awareness about Navy and NWWA with extreme positivity.

Apart from various in house activities, NWWA Kolkata has taken up various kinds of social service activities such as outreach to Orphanage and Old age homes , Visits to Blind School, health camps, film shows for Special children to name a few. Even though the naval base presence in the state of West Bengal is very miniscule and the residential areas very widespread, the NWWA Kolkata team connects efficiently through various NWWA and social events and makes it's mark felt.

This is a unique situation that we are faced with in the current year beginning Mar 2020 of Global Pandemic wherein immense restrictions in terms of gatherings and social events have come in force. Despite the lockdown blues, our team has worked in harmony to ensure that the kinship and solidarity of naval community at Kolkata is maintained and together we emerge as "Corona Warriors" .

This yearly e-Magazine is our maiden venture with 'Kolkata' as our theme. Hope it is liked by all. INS Netaji Subhas and Kolkata will always remain extremely special and favourite for me and my family. It has been a blessing of all sorts.

I wish all our families and personnel the best of health, happiness and peace. .

STAY SAFE, STAY BLESSED.

A handwritten signature in brown ink that reads "Bandana". The signature is written in a cursive style and is placed on a light-colored rectangular background.

**Mrs. Bandana De
President, NWWA Kolkata**

FROM THE SECRETARY'S DESK



Mrs Shilpika Parashar

Dear Friends,

We at NWWA Kolkata are inspired to remain united in this trying COVID 19 scenario. It has been extremely challenging to stay resilient and optimistic in these times. The previous year saw wholehearted and enthusiastic participation of ladies and children of Kolkata in various events/competitions, the tempo of their participation. continues through various online events/competitions. A glimpse of NWWA events (2019 – 2020) is as follows.

NWWA EVENTS 2019- 20



16 Oct 2019
Naval Community Day
Interactive session on
mental health by Lt.Col A
K Khan from CH(EC)



11 Nov 2019
Film show "Super 30"
Film show for ladies,
children and senior
citizens followed by
refreshments and tea



18 Nov 2019
Karate State
Championship 2019
NWWA Kolkata Karate
team won 10 Gold, 02
Silver and 06 Bronze
medals in the 28th
KBI(WB) Open State
Championship 2019.





20 Nov 2019
 Film Show for Special Children "The Lion King"
 180 children from three special schools were invited as part of Navy Day celebrations. Take away gifts and refreshments were given



03 Dec 2019 – 'High tea' with NWWA ladies



11 - 12 Dec 2019
 NWWA Kolkata hosted Dr Afroza Aurangazeb wife of CNS Bangladesh Navy

A two day memorable trip to the city of joy was organized for the first lady of Bangladesh Navy.



13 Dec 2019
 Coffee Morning to welcome Mrs. Devina Jain, President NWWA (ER)

Special Coffee Morning themed 'Indradhanush' was organized with ladies participating in Group Song, medleys and Doctor's talk.





14 Dec 2019 – Ship Visit for families



14 Jan 2020- Visit to "Calcutta Orphanage"



24 Jan 2020 - NWWA Special Milan. Welcoming President NWWA, Mrs. Geeta Ashok



14 Feb 2020 – 34th NWWA Diwas with Mrs Devina Jain, President NWWA (ER)

23 - 30 Jun 2020 - Online Master Chef for Ladies



"KUCH MEETHA HO JAAEY"



"KUCH KHATTI, KUCH CHATPATI"



01 - 10 July 2020 – "Little Corona Warriors"
Online talent activities by children.



Aug 2020 – "Mile Sur Mera Tumhara"
Independence Day Activity



09 Oct 2020 - NWWA Outreach Camp to "The Refuge".



01 - 15 Oct 2020 - "Nanhe Kalakaar" Online Poster making competition for children.



21 Nov 2020 - Rangoli making competition on the festive occasion of Diwali.

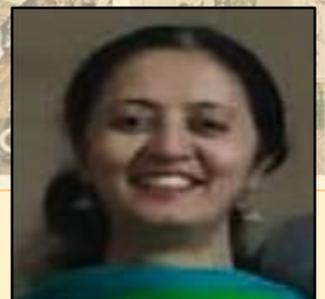
We bid farewell to Mrs Shilpika Parashar and welcome Mrs Sweta Maitra as Secretary NWWA Kolkata



OH KOLKATA!

Kolkata is like no other city, no other town, no other place. It is a contradiction in itself, a juxtaposition, in fact, an oxymoron where old meets new, where modernity meets ancient, where hustle bustle and slow pace coexist peacefully. It is a trainload of emotions . It is also a city that assaults your senses till you hear it, smell it, feel it, sense it, live it. The sounds of Kolkata is a sublime story in itself. The tinkle bell of hand pulled rickshaw, the chugging of the trams, the honking of the cars and buses stuck in its numerous traffic jams, the loud orator at political rallies, the lilting rhythm of Rabindra sangeet, the mesmerizing beat of the 'dhakis', the roar of the football stadium, all intersect one another and give Kolkata its characteristic flavour and distinction. The smell of Kolkata is no less unique. The smell of second hand books, the deep fried aroma of fish chops and braised cutlets, the smell of 'doshokarma bhandars' selling an assortment of puja items, the whiff of tamarind water packed into phuchkas, the petrichor of the much welcome monsoon, the fragrance of the flower shops selling marigold, tuberose and gladioli _ all make for an olfactory memory to be re-lived and cherished forever. Kolkata is a prism of shifting sights too. The grand colonial architecture, the art galleries, the forever busy markets, the serene lakes of Rabindra Sarobar, the sky kissing skyscrapers, the distinctive close knit neighborhoods or para, the riot of colours that is Durga Puja, the freewheeling chat sessions or addas with unending supply of tea in earthen pots, the trams, the hand pulled rickshaw, the swanky cars all melt to form a kaleidoscope that is Kolkata. Kolkata in my words is imperfectly perfect. It is chaotic, it is flawed , it is loud , it is an oddity. But Kolkata is also all heart, warmth, friendliness, amiability, passion and compassion. In the words of Amit Chaudhuri , " Calcutta is like a work of modern art that neither makes sense nor has utility , but exists for esoteric aesthetic reasons". Kolkata is a silver lining merging the skies, Ganges and the earth . It is an epic in itself which cannot be described in words. It is next to impossible to part with this mega city...the city of joy.

Mrs Lopamudra Lahiri



HOSPITALITY

Before shifting to Kolkata, the word `hospitality` meant only a paid service for me, but living here in INS Netaji Subhash, where I have been welcomed so warmly, accepted so graciously, and treated so respectfully, the word carries a different, deeper meaning now.

Having been locked up in our quarters in covid-19 pandemic, far away from home and family, we have created a small family here helping each other. My NWWA friends are always there for me whenever I've needed them the most – they have helped and guided me in these trying times when I'm additionally caring for my toddler. Whether it's Sawan, Mehendi, Teej or Birthdays, we all celebrate it together with each other's support. I have learned to be more courteous. In fact, courtesy is just a small word for the actual act.

Kolkata NWWA has regularly organized activities to enhance our skills, have "ME time" and be ourself even for a while. The ladies rejoice forgetting homely duties temporarily. Even in this pandemic, Kolkata NWWA held online activities, so that the ladies can show their cooking talents or represent their states. This brings enthusiasm and excitement as we are stuck at home and our outdoor activities are not possible.

I am really grateful to my seniors of NWWA Kolkata how they care about us, how warm welcoming we feel, hospitality is something big I learned from here.



Mrs Jyoti Chettri



THE INVINCIBLE YEAR 2020

Until 2019 Corona used to be the outermost shining part of the Sun. Sanitizers and masks were supposed to be used in medical shops and hospitals only. But the most surprising words are definitely *pandemic* and *lockdown*....

The lockdown started from March continuing to April and May...Total shutdown of movement of each and everything, heavy tolls on the lives and livelihoods of the common man. The agony of staying indoors for such a long duration was mentally depressing, but being a very optimistic person I chose to focus on my positive skills to overcome this lockdown.

Henceforth, my daily routine changed drastically. I woke up early in the morning to finish my cleaning, washing, cooking and all the other household chores which was now under my command. It gave me invincible courage and pleasure to do these. There was no tension in my mind about my maid coming on time or not, how to procure vegetables, all these small things were well planned and executed. I had ample time for myself to read books or watch my favourite web series..

The most important part is that our family spent quality time together. It was nice to see my husband, son and me enjoying our lunches and dinners together, playing or sitting and laughing on the most silliest of jokes. Those were the best times spent and irrevocable memories created. Today when I stand in front of the mirror I see a more confident and enthusiastic woman. As the old saying goes 'if bad days are gone how do you enjoy the good days' which I believe will come soon...

Mrs Preeti Bawa

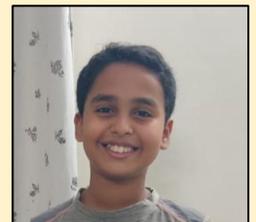
LITERARY LOCKDOWNS

Hey, you! Yeah, you! I'm talking to you. I hope you are in good health in these harsh times. We all have loads and loads of free time with us each day due to the COVID - 19 pandemic.

We can't meet friends, go to school or play evening sports instead we have facetime, online classes and video games — all habits that increase our screen time. Thus we must take frequent breaks or it will hurt our eyes. Therefore, I believe that this is a great time to start a reading habit. Many people might say that 'I hate books' or 'seeing books makes me feel dizzy' or other feeble excuses. Once you've heard this you may develop a stigma against books, but this is not true. Books are our best friends and we must learn to read and respect them.

Once you start reading you won't be able to resist turning pages, and you'll have completed the entire book in no time. I also recommend not to judge a book by its thickness and get discouraged even before reading it. Many people like fictional novels, and I'm one of them

If you are a beginner, then I would recommend books authored by Enid Blyton. Enid Blyton's 'Famous Five' and 'Secret Seven' series are amongst the best books to begin your reading journey. After reading them you can go ahead and read 'The Three Investigators' by Robert Arthur Jr. I personally loved this series the most. If you enjoy reading detective books and stories then be sure to check out Sherlock Holmes. Now that you have many titles under your belt, you can start reading 'Harry Potter' – it is nerve-racking, full of suspense and fills your heart with excitement. There are many great classics like Gulliver's Travels, Robin Hood, David Copperfield, Ben Hur, Around the World in Eighty days, Alice in Wonderland and others, which are excellent and evergreen. Do check them out as well. Happy Reading. Stay Home, Stay Safe.



Naveen Kulkarni, 13 Yrs
Class- VIII

GRATITUDE

Thanks NWWA Kolkata for what I am today! Hi all, I want to acknowledge the NWWA support given to me. I am a beautician. Kolkata NWWA provided me an opportunity and supported me to open a parlour, which benefited the community and so more boosted my confidence. I really grew as a teacher, manager sharing my skills with others. It gives me great satisfaction and also provides financial independence. As learnt from an awareness programme conducted by NWWA, I did an NTT course, where I learnt about children development, art and craft. Today, It gives immense pleasure when I teach children the art and craft skills and make them happy. Today, I participate in every program of NWWA, contribute, learn and enjoy with others. Thanks to NWWA Kolkata.

Mrs Nikky Kumari



"POSITIVITY IN ADVERSITY"

CORONA TIMES

Our eyes gleamed with excitement,
As the holidays neared.
Making colorful plans, Without
any fear.

But little did we know,
You were hiding in plain sight.
Lurking in the Shadows,
Preparing for an uncalled fight.

We welcomed the outsiders,
With open arms.
Their you were,
on their bare palms.

Who knew shaking hands, would
be a bad gesture.
And being close would be,
considered a harm

We sleep in one world,
and wake up in another.

Suddenly ,

Disney is out of magic,
Paris is no longer romantic.

No longer does the statue of liberty seem tall,
And who cares if the leaning tower will ever fall
.

There is a world -wide panic,
and a frenzied rush
To discover a medicine,
to combat Coronavirus.

You are a challenge,
For medical science.
But for mother nature,
a blessing in disguise.

My dear fellow beings,
Rules are simple.

Wash your hands,
don't touch your face.
We can wipe out the Mischief maker,
Without any trace!

Sanitize everything,
Eat home cooked food.
Improve your immunity,
Stay in positive mood.

Be creative, learn new skills,
Connect with your family,
Read a book or cook a recipe,
Believe me it is a great therapy.

United we stand as a nation ,
Corona warriors are our true inspiration.
Let's pledge to help them,
By staying home and taking the helm.

We can do it, we will do it,
We have the super power.
Stay safe, stay indoors
Is the need of this hour.



Mehar Parashar, 14 yrs
Class-IX



जिंदगी की असली उड़ान अभी बाकी है

जिंदगी की असली उड़ान अभी बाकी है
जिंदगी के कई इंतेंहाँ अभी बाकी है
अभी तो नापी है मुट्ठी भर ज़मीन हमने
अभी तो सारा आसमान बाकी है

अपने साए से भी अशकों को छुपा कर रोना
जब भी रोना तो चिरगों को बुझा कर रोना
जहाँ चोट खाना वहाँ मुस्कुराना
मगर इस अदा से के रोए सारा ज़माना

होके मायूस ना यू शाम की तरह ढलते रहिए
जिंदगी एक भोर है सूरज की तरह निकलते रहिए
ठरोगे एक पाव पर तो तक जाओगे
धीरे धीरे ही सही मगर राह पर चलते रहिए

मुश्किले दिलो के इरादे आजमाएगी
ख्वाबों के पर्दे निगाहों से हटाएगी
गिरकर तुझे है स्मभलना
यह ठोकरें ही तुझे चलना सिखाएगी

प्रिय पतिदेव (Dear husband)

नही कहती हूँ आपसे कि चाँद-तारे तोड़कर लाओ,
पर जब आते हो, एक मुस्कान साथ लाया करो।

नही कहती, के मुझे सबसे ज्यादा चाहो,
पर एक नजर प्यार से तो उठाया करो।

नही कहती, के बाहर खिलाने ले जाओ,
पर एक पहर साथ बैठ के तो खाया करो।

नही कहती, के हाथ बँटाओ मेरा,
पर कितना करती हूँ, देख तो जाया करो।

नही कहती, के हाथ पकड़ के चलो मेरा,
पर कभी दो कदम साथ तो आया करो।

कोशिश करने वालों की हार नहीं होती

लहरों से डर कर नौका पार नहीं होती..
कोशिश करने वालों की हार नहीं होती..
नन्हीं चींटी जब दाना लेकर चलती है..
चढ़ती दीवारों पर, सौ बार फिसलती है..
मन का विश्वास रगों में साहस भरता है..
चढ़कर गिरना, गिरकर चढ़ना न अखरता है..
आखिर उसकी मेहनत बेकार नहीं होती...
कोशिश करने वालों की हार नहीं होती..
डुबकियां सिंधु में गोताखोर लगाता है..
जा जाकर खाली हाथ लौटकर आता है..
मिलते नहीं सहज ही मोती गहरे पानी में..
बढ़ता दुगना उत्साह इसी हैरानी में..
मुट्ठी उसकी खाली हर बार नहीं होती..
कोशिश करने वालों की हार नहीं होती..
असफलता एक चुनौती है, स्वीकार करो..
क्या कमी रह गई, देखो और सुधार करो..
जब तक न सफल हो, नींद चैन को त्यागो तुम..
संघर्ष का मैदान छोड़ मत भागो तुम..
कुछ किये बिना ही जय जयकार नहीं होती..
कोशिश करने वालों की हार नहीं होती...

यूँ ही गुजर जायेगा जिंदगी का सफर भागते-भागते,
एक पल थक के साथ तो बैठ जाया करो।

नही कहती, के कई नामों से पुकारो,
एक बार फुर्सत से "सुनो" ही कह जाया करो।

नही कहती हूँ आपसे कि चाँद-तारे तोड़कर लाओ,
पर जब आते हो, एक मुस्कान साथ लाया करो।

रुची राजपूत

Also credits for cover page



CULINARY DELIGHTS

PATALI GUR SANDESH

Prepare fresh chenna at home, preferably with full fat milk. Strain the chenna and then hang the chenna for 2 hours and let the water drain out. Then place the chenna in a plate or on your clean kitchen counter, and mash the chenna with the back of your palm very well. When it's no more granular, add gur, depending on how much sweetness you want. Then mix it very well. Now put this mixture in kadhai and on medium heat, cook well, stirring continuously. When it starts leaving the side, put the mixture on a plate and let it cool down a little. Now take balls from this mixture and put in moulds of choice and fresh homemade Gur Sandesh is ready. Enjoy healthy eating.



Mrs. Preeti Bawa



BANANA WALNUT CAKE

INGREDIENTS

- 125g BUTTER (1 CUP)
- $\frac{3}{4}$ CUP SUGAR
- $\frac{1}{2}$ CUP SELF RAISING FLOUR
- 2 EGGS BEATEN
- 3 BANANA MASHED
- 1 TSP BAKING SODA
- 3 TBSP MILK
- 1 TBSP BOILING WATER

METHOD

- MIX BUTTER, SUGAR AND WATER TOGETHER
- GRADUALLY ADD EGG THEN THE MASHED BANANA
- DISSOLVE BAKING SODA IN MILK AND ADD FLOUR ALTERNATELY WITH MILK BANANA MIXTURE
- ADD CHOPPED WALNUTS
- BAKE AT 180 DEGREE FOR ABOUT AN HOUR UNTIL TOOTHPICK COMES OUT CLEAN

Mrs. Anindita Basu

NARDEL SANDESH



In view of forthcoming Durga Puja celebrations, Nardel Sandesh is one of the famous mithai in this festival for the Bengali families.

INGREDIENTS : Coconut, sugar, elachi

METHOD : Cut the coconut into two pieces. Take out the white portion with the help of kurni. Then grind it. It is put in the karai in the slow flames. Thereafter sugar and elachi are added to it and continuously stir it for 15 minutes till the time sugar is completely dissolved. Removed from the gas and put is in a plate and kept for sometimes so that is heat is removed. Then take a small amount in the hand and press it to give the round shape. On top small pieces of cherry may be placed to give an attractive look.

Mrs .Swagata Bhattachrjee



धन्यवाद

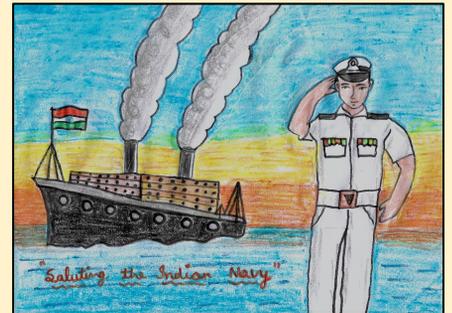
नमस्ते ,मैं बरसा एस, w/o देवनाथ एस (Ex PO. Com) ऐक्चुली में इस ग्रुप से एग्जिट कर रही थी तो सोचा कुछ लिख जाती हूं... Firstly, इंडियन नेवी का शुक्रिया जिसकी वजह से मैं बहुत सी जगह घूमीं। दूसरे प्रांतों के लोगों से मिली, नई नई बातें सीखी, अलग कल्चर देखा, नई नई चीजें खायीं। बहुत अच्छा अनुभव रहा और यह केवल पतिदेव के नेवी में जॉब करने के कारण ही संभव हो सका। Secondly, थैंक्स टू नवा कोलकाता। सिविल में रहने के कारण या बच्चा छोटा होने के कारण मैंने पहले कहीं भी नवा ज्वाइन नहीं किया था। परंतु इस बार जो कोलकाता आई ,तो नवा के हर प्रोग्राम में हिस्सा लिया और नवा एक्टिविटी भी ज्वाइन की। यह सब मुझे बहुत अच्छा लगा। बहुत से प्रोग्राम देखें, गेम खेलें, प्राइज जीते, ऑनलाइन कंपटीशन में हिस्सा लिया। और खूब सारी सहेलियां भी बनाई। इन सुनहरी यादों को साथ में लेकर अब अलविदा कहने का समय आ गया है। पता नहीं चला कि कैसे नेवी फैमिली के साथ मेरी शादी के खूबसूरत 8 साल, हंसते गाते, खुशी खुशी बीत गए। इन लम्हों की यादें हर पल हमारे साथ रहेंगी। Good bye everyone...Special thank you to CO ma'am...you are truly inspiring..आप के साथ मुलाकात याद रहेगी। Thank you NWWA Kolkata

Mrs Barsha Ash



CHILDREN'S CORNER

(DRAWINGS/PAININGS/PHOTOGRAPHY)



“INFORMATION TECHNOLOGY, A SAVIOUR DURING PANDEMIC”



I am fairly confident that we crossed the threshold into 2020 with great fireworks, and greater hope and optimism. Many had agonizingly planned travels, projects and goals that we had put off for the “next year, pakka”. We had a clean slate, and this was the year everything would go according to plan. This, as you are already aware, was not to be.

The COVID-19 pandemic virulently expanded from its epicenter in Wuhan, China to six of the seven continents. Thus began a great crucible for humanity in general, and for the medical and scientific community in particular. By the end of February 2020, our nation had hunkered down, uncertain of what was to come. Almost overnight, COVID had a meteoric impact on our lives.

Information and communication technology has played a critical role in helping us maintain a semblance of social life. Before the pandemic, the digital revolution had complemented our productivity habits and social interactions; now it was our only tool to maintain them. Schools and colleges replaced in-person courses and tests with their online equivalents. Window shopping happens on browser tabs. Fine dining is home delivered. Instead of gully cricket, there are now imposters Among Us. Newspapers are scrollable, and recipes can be fast-forwarded. Lastly, social media makes up for the deficit of in-person interactions. I'm not sure what you want to do, but I'm sure there's an app for that. It's not all roses, but it's reasonable. Certainly, our digital literacy has skyrocketed. New technologies have been designed and developed for the new realities. Contact tracing helps us focus our relief efforts, and at the time of writing, we have already started distribution of the first vaccines for the COVID-19 virus.

This year has been a year of reflection. It was an unique opportunity to revisit and strengthen the bonds that formed us. I no longer have chance meetings with our neighbours at the grocery store, but instead I've rekindled deep connections with all my schoolmates from 30 years ago. For some of us, our children in distant lands have serendipitously returned home – cherish these moments, for they will leave your nest once again.

The COVID vaccines have begun distribution, marking the beginning of the end of the pandemic. We can now afford to be cautiously optimistic. This was a time of global empathy, we could all relate to each other. For this, we will owe a debt of gratitude to the medical community, who have been, and will continue to be on the frontlines for the many months to come.

Regards

Mrs Vani Kulkarni

MAIDEN RELEASE OF E- VARUNI NWWA KOLKATA 14 DEC 2020

