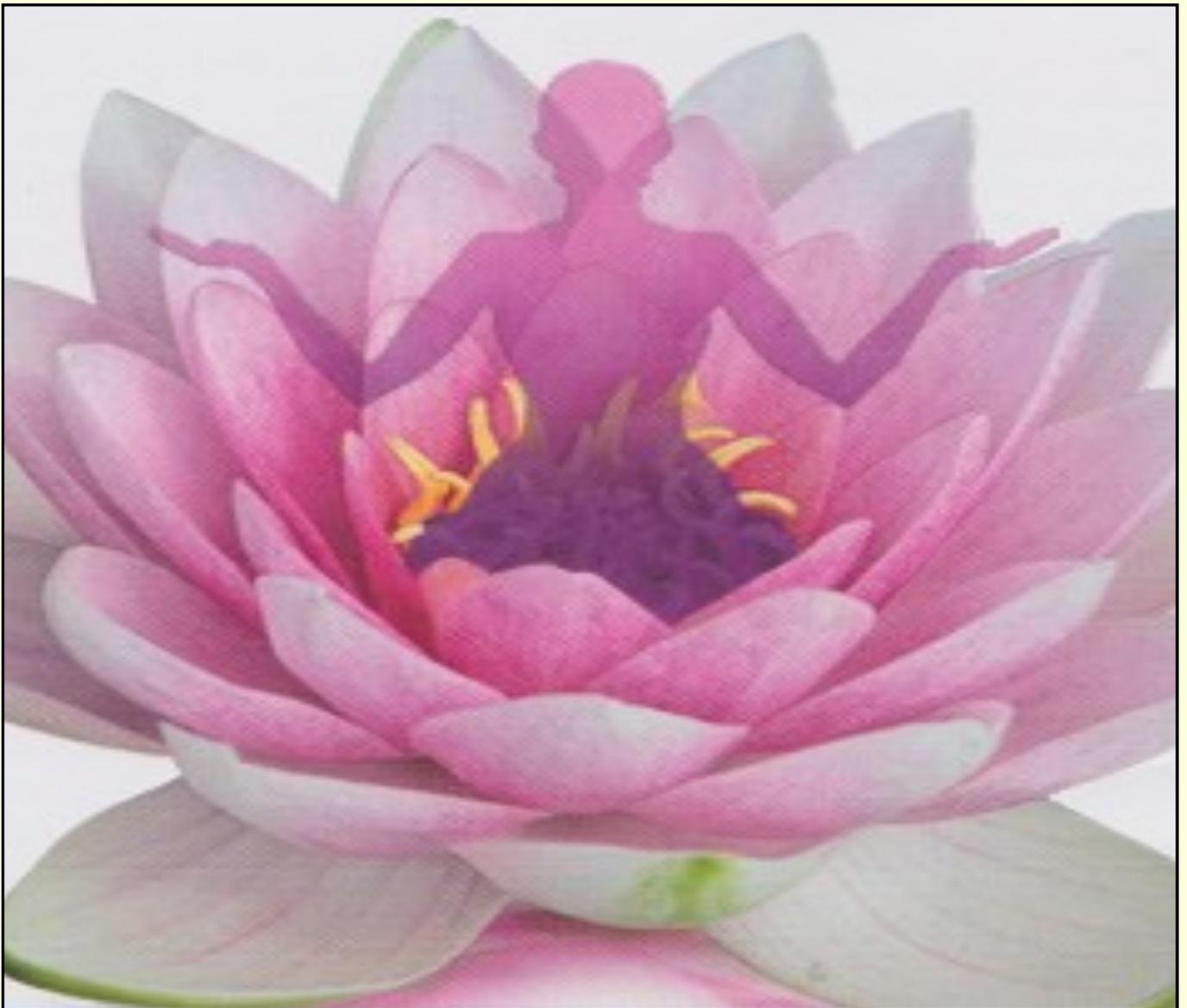




Varuni

Kochi - February 2019

Holistic Healing - A healthy Mind, Body & Soul



NWVA (SOUTHERN REGION)




**SPECIAL COFFEE MORNING - 10th ANNIVERSARY
INDIAN OCEAN NAVAL SYMPOSIUM**

As part of the Indian Ocean Naval Symposium (IONS) 10th Anniversary Commemorative Event, the Navy Wives Welfare Association (NWWA) Southern Region organised a Special Coffee Morning on 13 November 2018 at Kochi for spouses of Chief of Navies and delegates of more than 14 IONS member nations.

Mrs Reena Lanba, President, NWWA and Mrs Sapana Chawla, President, NWWA (SR) hosted the event, which portrayed the cultural heritage and diversity of India and also showcased an array of activities to further bonds of friendship between India and friendly foreign countries of IONS.

An entertainment programme which included the traditional Thiruvathirakali Dance, melodious songs and a celebrated dance between the divine Krishna and his devotee Radha epitomising their spiritual love was performed.

A high end in-house Fashion Show was organized with great pomp and glory. 25 Navy wives (models) of the Southern Naval Command adorned garments which were made, designed and block printed by Udyogika (SR) and Tarsh (SR) depicting the hues of white, orange, blue and red from our NWWA logo.

An array of stalls displaying in-house items from Sankalp, Udyogika, Samudri and Tarsh were also setup at the venue which were available for sale and were a big hit with the guests.



MESSAGE FROM MRS. REENA LANBA,
PRESIDENT NWWA ON NWWA DIWAS 2019



I would like to convey my best wishes to all the ladies on the occasion of the 33rd NWWA Diwas.

My association with NWWA has been over 03 decades. It has been my endeavour to bring about change within my sphere of influence. As my husband's career progressed in the Navy, I held many portfolios of NWWA including Presidents of two Regions. When I took over as President NWWA on 01 Jun 16, it was a humbling experience and one which increased my ability to bring about change manifold. Bringing about change is not easy as it requires people to come out of their comfort zone and they tend to resist it. I am happy to inform you that in the past two and half years with the help of my committed team, I have been able to achieve positive changes which I hope will give direction to NWWA as envisaged by us.

My vision of NWWA is fairly straight forward where every NWWA member is **empowered and happy**. This is the vision that I *truly* wish to realise. Therefore ensuring **a family friendly and conducive environment** has been my objective. **Physical, mental and spiritual health** are a prerequisite to being happy and these too are my focus areas.

Towards meeting my vision, I had to emphasize the importance of 'bonding and reaching out.' I declared **2016-17** as a 'Year of Bonding for NWWA' and changed the most visible aspect of NWWA – the Logo. The Logo exemplifies the changing face of modern society which necessitates reaching out to all and forging strong bonds within this big naval family. The tag line in the logo 'Reaching out'...adages the need to foster the spirit of reaching out – to your neighbour, to your community, to the Navy and finally, to your country.

The digital medium has allowed me to connect with **every** member of NWWA; the *Telegram App*, *NWWA page on Facebook*, NWWA website and Veerangana are some initiatives where we used social media to effectively *reach out* to our members, and this gives me immense personal satisfaction. The orientation capsule, publications '**Welcome young lady**' and '**Abhinandan**' have been conceptualized to smoothly transition our new brides into our fold as *well informed and valuable members* who contribute to our community and society. Most young brides today are confident professionals and smart homemakers but they are uninitiated to life in the military. The program helps them understand the demands of service life and conveys to them that they have the support of a vibrant community.

The **NWWA Archives** is a fine endeavour to record the rich history of NWWA where the 'past can meet the present.' Our **new NWWA song** made using inhouse talents showcases the true spirit of NWWA. On similar lines, **You Only Live Once**, *our own reality show*, provides a platform to our in-house talent to showcase themselves and bond socially. I am happy YOLO is now being conducted in other Regions also.

I declared **2017-2018** as the year of 'Empowered women Empowered Generations.' The **TISS Programme** and **INLINGUA collaboration** are some of the well received and highly successful initiatives

undertaken recently to empower you all. Most ladies who have undergone the course have found suitable employment in good schools. The TISS program has taken root in all our major Naval bases with our centre in Delhi being the only TISS SVE hub in Delhi. We have also collaborated with INTERNSHALA for internships with stipend at no cost for those undergoing Graduation/ Graduates. The Block Printing Unit–Tarsh has also been reinvigorated to increase the inventory of products. Skilling opportunities for tailoring and fashion has also been facilitated. Upgrading of our infrastructure to support our activities has also been my focus. We are also getting more visibility and footfalls for our *Samudri Shops* by co-locating them with the canteen pan India. The Samudri shop I inaugurated in Kochi INCS was the first shop open to all personnel making it truly a community boutique. We have also inaugurated the Shop in INCS Delhi where all of you can visit and buy our many products.

The theme for 2018-19 is **‘Health is Wealth’ - a healthy mind, body and spirit**. Activities planned for the year have added impetus on spreading, health awareness and fitness amongst women in our community. I have started the ‘Swayam Siddha’ or ‘Smart Mom’ contest in all Regions and also introduced the ‘Well Women Clinic’ for annual medical check up for NWWA Members. A Swastya Saheli book for individual medical records has also distributed in all Regions. The scale of well women clinic at Delhi was increased in 2018 to include a mammography camp. As part of NWWA Diwas celebrations which is held in February each year, I have introduced Mass Yoga and Zumba which provides a healthy way of bonding and interacting as you have seen today. Yoga and other sports activities are being conducted at all Kendras regularly.

Towards this year’s theme, I have introduced an organic line under Udyogika wherein we have worked with natural fabrics such as jute, silk etc to bring you excellent clothing & accessories range. We are also selling natural products such as candles and handmade soaps under this organic line. Further, we have also tied up with 24 Mantra Organic, a firm which sources organic foods directly from the farmers to supply organic groceries at discounted prices to our NWWA shops pan India.

NWWA in collaboration with Naval Education Society has introduced many initiatives to improve the quality of education of various NCS pan India. Some changes such as improved student to teacher ratio, upgraded criteria for selection of teachers, well structured physical education program etc have already been introduced and others progressively. We aim to make NCS among the top schools at each location. NWWA has also been closely associated with introducing new smart uniforms from the next academic year. The uniforms have been designed by a reputed Fashion Training Institute.

Some new initiatives include launching an E-Magazine ‘E-Veerangana’ on NWWA Diwas in order to encourage creative writing skills, which will be posted on the NWWA website where contributors can post articles throughout the year. Further, our soldiers are recognized for exceptional achievement or bravery with commendations and medals. However, our ladies are not recognised for their outstanding feats. I have instituted a NWWA Award called ‘NWWA Star’ to recognise our Navy Wives both whose husband’s are serving and retired for exceptional achievement or bravery. The Award will consist of a Badge, Citation and cash prize of Rs 25000/- which will be given during NWWA Diwas each year starting this year. The Women Scientist Scheme of Department of Science and Technology has also been widely publicised through NWWA which otherwise would have gone fairly unnoticed.

Welfare and NWWA go hand in hand. This organisation is very close to my heart and will remain so. I can see NWWA growing from strength to strength with its footprint covering a larger section of the society.

MESSAGE FROM NWWA PRESIDENT (SR)



I am delighted to reach out to you, through yet another exciting edition of Varuni which coincides with the 33rd NWWA Diwas. The theme of this edition being ‘Holistic healing - a Healthy Mind, Body and Soul’ is very relevant in today’s world and is very close to my heart. I would like to compliment team Varuni for taking out this edition on such a symbolic day!

I take this opportunity to share my experiences and philosophy which will help in keeping us motivated.

Each morning is a fresh start. Try and follow these steps. Start with deep breathing - inhale and exhale the beautiful air, walk barefoot on earth - feel the Ground-Prana, Soak in the sun - ignite the fire inside you. Try and have a water element around you. When you have these five elements - Earth, Water, Air, Fire and Wind, you are already enriched with tools to be happy.

Remember your body is your temple - eat right, drink right, think right and do right. It’s ok to make mistakes, forgive others and forgive yourself. Don’t be hard on yourself and please smile - from within and outside. Spread happiness girls - by giving, sharing and doing good.

NWWA Southern Region has been progressive and has undertaken many initiatives over the last one year. The setting up of the high-end boutique Samudri shop at INCS and the inauguration of the second shop for our sailors’ wives today at Rameshwaram has infused a spirit of entrepreneurship among the ladies. This is a huge platform for you to showcase your skills and you can display your hand-made products. We have created two new tuition rooms and called it ‘Shikshan’ for your children which have also been inaugurated today. Our children are the leaders of tomorrow and should get a good environment to study. We have even given a facelift to the Welfare Centre, so that you can learn baking, dancing, etc. in a beautiful environment.

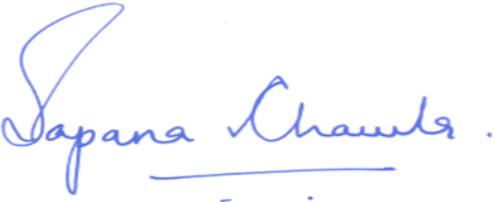
The outreach to our Veer-naris and Anubhavi ladies have given them the confidence that their Navy will stand by them and help them at all times. We have initiated *Swayam Siddha* contest where we are in search for a smart mom and a complete woman. We have also taken onus of financially supporting three meritorious orphan girls from *Valsalya Bhavan*, a rescue home that shelters street children and are also providing for their education in nursing. All this has been possible through the perseverance of a cohesive and happy team of ladies at the Southern Region.

I must also mention that NWWA (SR) is geographically spread out with our Kendras in Ezhimala, Mandovi, Valsura, Shivaji, Chilka, Dronacharya, Hamla, Agrani and Kochi - being managed by a spirited team of ladies, who have whole heartedly contributed towards community welfare. Efforts are on to make a wholesome society.

On this NWWA Diwas, I would like to encourage our ladies to strive for a healthy lifestyle so that you can inspire your families towards a healthy mind, body and soul. We must foster happiness all around us. Another important aspect is that we can be very modern with the technology but let's not forget our roots. We have to be a good mother, a good socialite and an active NWWA member, only then can we build a good and a strong society. Each one of us is powerful as we have the power to shape our children. Teach your children how to treat a girl with respect, how important it is to have equal status after marriage and earn that status not by fighting but by making sacrifices. Marriage is all about compromising, complementing and walking as one team without losing your individuality!

कदम ऐसा चलो,
 कि निशान बन जाये।
 काम ऐसा करो,
 कि पहचान बन जाये।
 यहाँ जिन्दगी तो,
 सभी जी लेते हैं,
 मगर जिन्दगी जीओ तो ऐसी,
 कि सबके लिए मिसाल बन जाये”।

God Bless



Mrs Sapana Chawla
President NWWA (SR)



THE EDITORS' CONNECT



The United Nations has declared the Year 2019 as the 'International year of *Indigenous* Languages.' It is through language that people preserve their community's history and culture, customs and traditions, memory, unique modes of thinking, meaning and expression. They also use it to construct their future.

We found this very inspirational as it laid emphasis on preserving what is "*Indigenous*." Since time immemorial India is synonymous to yoga, meditation, spiritual healing and the list goes on. Yoga was developed as a way to achieve harmony between the heart and soul on the path to divine enlightenment. Our theme for this year's first edition of *Varuni* 2019 is a sincere effort that all of us will take that step to heal ourselves - mentally, physically, spiritually and spread joy to others.

Do read the very inspirational message from our President Mrs. Reena Lanba specially sent on NWWA Diwas. We are truly blessed to have such a wonderful Mentor who has worked relentlessly to bring about numerous path breaking initiatives. We would also like to compliment members of NWWA (SR) for their tireless efforts in enhancing community welfare activities at the Southern Naval Command.

We thank Mrs. Rohini S Murthy and Cdr AK Payasi for their contributions which have enlightened us with the benefits of yoga, meditation and finding happiness. Mrs. Chanchal Agarwal has also painted a perfect picture on *Art Therapy* invoking us to lift our brushes and also narrated the beautiful story of a budding artist Pooyam Yadav. Cdr Shravan Sareen has educated us of a *Korean Sujok therapy* which simply requires a jimmy or a pointed pen cap to woo away our aches and ailments. We are also indebted to Cdr Shravan Sareen for the beautiful cover design.

Life is to surrender to what is and be thankful for each moment. Fill yourselves with strength and gratitude for all that has been. Take the joys with the pain and find beauty in it and keep moving....

Send us your suggestions at sancharkochi@gmail.com

Happy Healing!!!!

Mrs. Zarine Singh

Mrs. Shruti S. Sareen

NWWA CORE COMMITTEE MEMBERS

President	Mrs. Sapana Chawla
Vice President	Mrs. Avanti Nadkarni
Secretary	Mrs. Archana Bhat (Outgoing) Mrs. Shruti S. Sareen (Incoming)
Secretary - NWWA Kendra	Mrs. Rohini Cariappa
Treasurer (Welfare Fund & Ladies Club Fund)	Mrs. Suman Chandna

COMMITTEE MEMBERS

<u>GROUP</u>	<u>COMMITTEE</u>	<u>SUB COMMITTEE</u>
Sahara	Mrs. Sapana Chawla	Mrs. Navneet Randhawa
Sakhi	Mrs. Avanti Nadkarni	
Media Coordinator	Mrs. Avanti Nadkarni	
NWWA- TISS	Mrs. Avanti Nadkarni	
Sanchar	Mrs. Zarine Singh	Mrs. Shruti S. Sareen
Samudri	Mrs. Zarine Singh	Mrs. Kamal Singh Mrs. Mamta Anand
Udyogika	Mrs. Zarine Singh	Mrs. Prairna Sharma Mrs. Darshini Muthukrishnan
Arogya	Mrs. Anjana Chatterjee	Mrs. Neelam Srivastav
Pragati (NB)	Mrs. Neeraja Alamanda	Mrs. Veena Nagraj
Pragati (R)	Mrs. Neeraja Alamanda	Mrs. Chanchal Agrawal Mrs. Kuljit Sandhu
Tarsh	Mrs. Laila Swaminathan	Mrs. Nandita Kumar Mrs. Himani Gupta
Saundarya	Mrs. Suman Chandna	Mrs. Garima Panchal Mrs. Manisha Nawadkar
Little Angles	Mrs. Padma Ayyar	
Anubhavi	Mrs. Sujata Bellary	
Archive	Mrs. Reema Tandon	
Ashirvaad	Mrs. Usha Sridhar	Mrs. Darshini Muthukrishnan
Jagriti	Mrs. Anuradha Pawsey	
Kala Kendra	Mrs. Rajbir Kaur	
Sparsh	Mrs. Jenny Joseph	
Prakriti	Mrs. Reema Tandon	Mrs. Priti Chopra
Sankalp		
Kendra-in-Charge	Mrs. Saroj Rohilla	
Kendra-in-Charge (R)	Mrs. Sunita Dubey	

NWWA BUZZ



SPECIAL COFFEE MORNING - HEALTH & HAPPINESS



Sahara - We are there ..Always



Arogya - Health is Wealth



Sanchar - Vox Populi



Samudri - High End Boutique

NWWA BUZZ



Anubhavi - Swinging 60's with our Mentors



Tarsh - Block Printing at it's best



Pragati - New Initiatives



Jagriti - Sprinting Ahead



Udyogika - In-house Talent

NWWA BUZZ



Milan - The Spiritual Connect with our Inner Selves



TISS - Igniting our Senses



Kala Kendra - Fun and Fitness



Aashirwad - Ship Visit



Prakriti - Say No to Plastic



UNDERSTANDING THE BENEFITS OF MEDITATION

Rohini S. Murthy

1. Sit upright
2. Close your eyes for a few minutes
3. Instruct your mind to stay quiet

It's easy to perform the first two tasks but how do we control the mind whose reins are not in the owner's hand? Mind is like a monkey which keeps jumping from one branch of thought to another. Silencing it has become an art which we ought to learn through meditation. The Great Gautam Buddha who gave this world the technique of Vipasana meditation said this after he attained enlightenment, *"Wonderful indeed it is to subdue the mind, so difficult to subdue, ever swift, and seizing whatever it desires. A tamed mind brings happiness."* His pearls of wisdom holds true even to this day especially so since we have allowed stress to take control of our lives. In doing so, we have more or less renounced mental peace and happiness.

Scientific research has also proved that there are varied benefits of meditation. Let's understand some of the significant ones:

1. **Anger Management** It is believed that a sense of calmness pervades through meditation. It helps us observe situations in a holistic way and by doing so we tend to stop reacting in an impulsive manner. A few minutes of meditation per day is known to calm the nerves.
2. **Improves concentration and helps you get focused** The most common tendency of the human mind is to either brood over the past events or get worked up about what the future holds in store. In this process, we lose focus of the present. Meditation helps align our thoughts, keeps us focused and facilitate our brain to absorb more information.
3. **Reduces anxiety and stress** Focused breathing helps increase oxygen flow to the brain and in turn stimulates the parasympathetic nervous system, the part of the body that keeps your nerves in check. Studies have shown that meditation relaxes the muscles and stops stress response in its tracks. If you meditate regularly, you are more likely to handle a difficult situation in a calm and composed way.
4. **Makes you more compassionate, helpful and friendly** Meditation especially vipasana has a dramatic effect on the psychological level. Your outlook towards relationships, memories and life per se takes a whole new perspective – a positive one! Vipasana is a value based education which has helped thousands of people all over the world.
5. **Ushers in health and happiness** Meditation is the exercise of the mind. It can keep our mind strong and free from ailments. The Dalai Lama sums it up succinctly *"All human beings have an innate desire to overcome suffering, to find happiness. Training the mind to think differently, through meditation, is one important way to avoid suffering and be happy..Science shows us that there are practices that can make a difference between a happy life and a miserable life"*.

Just like physical exercise is necessary to keep our body healthy and fit, likewise meditation is a mental exercise that is required to keep our mind steady and guarded.



THE HAPPINESS WITHIN

Cdr AK Payasi

We have our own set of desires and wants (one who does not must be God) and that is what keeps us going in life. This cycle continues from birth till death. These are in fact essential to our life for progress. Without these the mankind can never progress. Yet they vary from time to time, person to person and at times prove to be our own enemies.

If you ask a person what do you want from life? The answers could be contentment, good health, peace of mind, good life partner, good company, travel the world, enjoy every moment of life, wealth and so on... the list is never ending.

But do you actually want these? Probably No, because this is not the ultimate goal. In fact, everything stated above may give you momentary joy but will it be permanent? No, it is not even long lasting. As soon as the time, place and situation changes, the joy will gradually diminish and you will not get the same satisfaction from the very thing you strived for. So, what is that you actually want? And the answer is **“HAPPINESS.”** Yes, it is the happiness which actually you want from your life. We have often come to know about the saying “happiness is within.” If it is so, then why are we not happy? We don’t find happiness and keep searching for it. Happiness, in fact, is the simplest yet toughest to achieve. It becomes so according to our way of looking at it.

The mistake that people make whilst searching for ways to achieve happiness is that they assume happiness is found at the destination. There is a notion in our minds that if I complete this task, then I will finally be able to achieve happiness. But very few realise that happiness lies in the journey. It is hidden in the small victories and the feelings of achievement when we make a comeback from the setbacks along the journey. True happiness is found in these little things in life which many of us very conveniently choose to overlook. Nothing will make you happy until you choose to be happy. But before we explore the ways of finding happiness, a question arises, do we really know what happiness is. In general terms, when we say “mind” or “brain” which decides our thoughts, actions and personality, actually consists three things: -

Mind – which vacillates between past and future

Intellect – which doubts the positive and

Memory – which clings to negative

And therefore we have to look into these three to attain happiness.

So what are the secrets??

- State of inner world creates “quality of life” from moment to moment.
- The path to “happiness” lies in making your inner world independent of outer world.
- Facilitated by practice of Pranayam and Yoga.

Having known this, the next obvious question is what to do?

- **Accept Problems:** Problems are an integral part of our life. And therefore they need to be tackled in order to be happy. A saying goes “do not ask God not to give problems but ask to make you strong enough to deal with the problems” The problems make us stronger and stronger as we pass through them. Therefore, to attain happiness first accept the problems.



- **Accept people as they are:** A garden is beautiful because of the variety of flowers it has. Similarly the world is full of different types of people like a beautiful garden. The secret of happiness lies in accepting people as they are. They may or may not be good to you but you can certainly find ways to deal with them by acceptance.
- **Accept the situation as it is:** The situations we come across in our life may or may not be favorable to us. The secret of happiness lies in accepting the situation as it is.

We have seen that acceptance brings happiness. But is it that we accept and keep quiet? No, certainly not. There has to be a requisite action for the problems faced. Only when we deal with the problems in the right manner they can be solved. So, how does acceptance play a role in it? Acceptance brings peace, calmness in your mind and with it clarity. A peaceful mind will always find a better solution to deal with the problems, people and situation and subsequently lead to happiness.

Happiness depends upon our inner-self and therefore our emotions play a vital role in being happy. Let us look at the emotions associated with past, future and present. The emotions associated with past are anger, regret/guilt, sadness. You may see it practically. The emotions associated with future are expectations, anxiety and fear which give you an element of uncertainty. And so we come to present. The emotion associated with present is happiness: -

The time to do itNOW

The time to think is ...NOW

The time to act isNOW

The time to be happy is rightNOW

So what do we do??

- Plan for the future
- Learn from the past
- But live in the present



The method to live in the present is to stop the mind from oscillating between the past and future. Talk to your inner self. Keeping the mind in the present is a form of “mental hygiene” that results in flushing away of stress. One cannot go back in the past, be happy and come back. Similarly one cannot go to the future, be happy and come back. The time to be happy is right NOW....

We come across many types of stresses in our day to day life which affect our body parts. The anger affects fore head, fear affects heart, sadness affects throat, depression /greed/ jealousy affect chest. But happiness and love have an effect all over the body. To de-stress our body and look into our inner-self, one of the ways is to do Pranayam/meditation/Yoga. Some of the benefits of Pranayam are:-

- Increased absorption of Oxygen
- Control of emotions
- Improves general well-being and fitness
- Gain control over unnecessary thoughts
- Reduces risk of hypertension
- Improves concentration and memory

Happiness is not an entity which can be bought or taken; it is a feeling which is experienced within.....





ART IS THERAPY TO MY SOUL

Chanchal Agarwal

My love for Art,
Never knew when did it grow in my heart
It's Amazing!!! It's Cathartic!!!

Many years ago, I was told by a doctor to run up and down the steps rather than taking a lift, because a little exercise is the key to good health. Though it's a common practise for medical practitioners to prescribe exercise, but it might have sounded strange sometimes. What if the same happened with Art? What if your doctor tells you to play with colours or words or musical instruments etc. to keep up pace with your health?

My purpose of writing this article is to provide an overview on *Art Therapy* and how it can be used based on the physical as well as mental needs of an individual. Art therapy is a creative way of expression. The creative process involved in expressing oneself artistically can help develop and manage one's behaviours and feelings, reduce stress, and improve self-esteem and awareness. It helps achieve different agendas for different people. In the broader sense of the term; it can be used to massage one's inner-self in a way to provide the individual with a deeper understanding of him or herself.

Art therapy supports the belief that all individuals have the capacity to express themselves creatively. The use of vibrant art materials stirs emotions of an individual who then expresses them through drawings/craft/clay in a creative manner and does not expect to be judged or commented upon.



ART THERAPY IN INDIAN HISTORY

"Great paintings are a balm on the troubled brow of mankind"....1.4 Chitrasutra, Vishnudharmotra.

India and its deep rooted culture has been using art in a vast variety of work since ages, such as in temples, historical monuments, narration and depiction of folklores and social stories, education, state-wise art forms expressing their culture such as Warli art, Madhubani, famous sculptures of Khajuraho etc.

Even in ancient times, Indian Art was used to help reconstitute one's path with that of the Universe. As depicted in the texts of Vishnudharmotra:

- Art brings joy and delight
- It forms uniformity, as in early life, people used to work together without having any formal education
- Art has influenced society towards liberation, as anyone can express their emotion here irrespective of caste, culture, sexuality and creed
- The creative expressions of the then Royal families can be seen in their palaces and forts
- Art is auspicious.

Many such aspects from Indian history have proved the therapeutic value of Art, but it was considered as an education program much later and sadly it is yet to attain a desirable place in South East Asia.

ART THERAPY AND BRAIN

Art therapy has historically resisted an association with science and has favored a more art-based stance in its philosophy and practice...*Cathy A. Malchiodi*. Being creative and expressing ourselves through art is cathartic and meditative. Over the decades art has been used and identified with its therapeutic qualities, and eventually built curiosity in the professionals in the medical field to study its effects on brain. Lots of research has been done so far on how images influence emotions, thoughts and well being and how the brain and body react to the experience of drawing, painting or other art activities with a variety of population.

Neuroscience is rapidly increasing the understanding of image formation, physiology of emotions, attachment theory, placebo effect etc and the regions of the brain involved in this process.

ART THERAPY AND STRESS

Creating art not only relieves stress but also increases brain plasticity. And anyone can do it because it's not product-oriented; it's the process doing wonders. An average person is believed to have 60,000 thoughts per day and 95% of them are exactly the same day in, day out. Art activity provides distraction as well as mindfulness, giving a cathartic break to your usual thoughts. When a person gets totally immersed in a creative endeavour, he may find himself in a state of flow and this pushes aside his worries temporarily.

As per Leonardo da Vinci, "Painting embraces all the ten functions of the eyes; darkness-light, body, colour, shape, location, distance, closeness, motion and rest", as it helps you to concentrate on details and attend to your environment more.

People's ability of language shuts down when they are experiencing traumas. Usage of creative art therapy like music, drama and dance therapy along with talk therapy, help the sufferers, giving amazing results. Making PTSD masks helps patients realise how they view their internal versus external identity. Many other such activities has helped people not only to cope with their intense feelings but also give a chance to connect with others.

Conclusion

Some of the popular art activities can be; drawing and painting of emotions, creating mandalas for relaxation, making collage of childhood memories in a heart, scribble drawing, drawing with eyes closed, making picture of your dream home, tree of life etc. Using natural materials like leaves, sticks, dirt and clay etc. can help you connect with nature and the more primal side of yourself. Most of these exercises are vivid and magical and can lead a person to a higher vision of him/herself. This rapidly growing field is helping in integration of literary, performing and visual arts and design, into a wide variety of healthcare and community settings for therapeutic, educational and expressive purposes. Areas of focus include patient care, healthcare environments, caring for caregivers, community-well-being and many more. It's soothing and peaceful to get lost in the rhythm of colouring.



**Art heals, it does not discriminate,
There is no wrong or right,
Art is therapy to my soul.**



A TALE OF A SPECIAL ARTIST

Chanchal Agarwal

Children are natural explorers. They fantasize their inner world very colourfully and love to have silent communication with it. The process of art making is healing and children use it to tell their story that helps the specially trained people to understand them. This works as a non-verbal communication for children who have difficulty in expressing their emotions, exasperations and needs.

Self expression and self exploration helps children to realise their potential by exploring their strengths and weaknesses themselves. Through the process of art making, under the supervision of a trained art therapist or a special education facilitator, children are able to manage their anger and other behavioural issues, increase attention span, learn social skills, build conversational skills and are trained in life skills in a more enjoyable and fun manner. It helps to build up confidence in children dealing with Nature's demand in a unique way!



Pooyam Kumari Yadav is one such special girl at Sankalp, Kochi. For the past ten years she is staying in Kochi with her family. Her father was a Naval personnel who passed away few years back.

She was diagnosed with epilepsy and mental retardation at an early age and has been imparted education in various special schools. Apart from dancing she developed a particular liking for drawing and painting and has been trying to pursue it for the last few years. She is a happy-go-lucky girl, but doesn't speak much. She can sit for hours painting pictures of nature. Working with colours is a passion for her, though she hardly has any realisation of its psychological jargons.

Since Sankalp staff has recognised her talent, they are trying to give her every possible outlet to bring out the best in her. Many of our naval units buy cards made by her to be used for varied purposes. If given the right direction she can do wonders in this field. It can also be a good source of livelihood for her in future. Some of her art impressions:





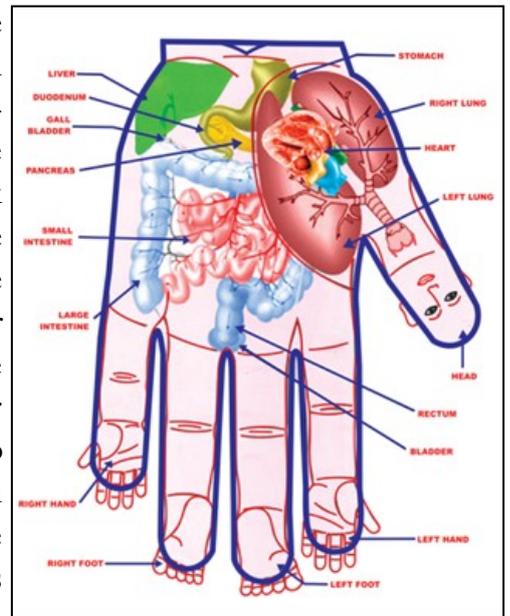
SUJOK

Cdr Shravan Sareen

“The Power to Heal is within you”

Sujok Therapy is a healing methodology based on acupressure and is a simple method that produces highly effective results. Sujok is a mix of two Korean words; in particular "Su" which means hands and "Jok" which means feet. This therapy was developed by a Korean philosopher, Dr Park Jae Woo on the belief that all the organs of the body can be treated via a person's palms and feet. In Sujok, the palm and foot represent all the active points in the body corresponding to all the organs or parts of the human body. Unlike all other pressure point massage or needle therapy treatments, in Sujok all the relating focuses (pressure points) are situated in the hands and feet and in this manner the whole treatment is possible by locating them in our hands and feet. You can help cure yourself without medicine with Sujok and it is likewise completely safe with no side effects.

In understanding the anatomy of the human body, the hands and feet themselves represent a smaller, but nevertheless true mirror image of the whole body. This is easier to understand using the hand as shown in the *diagram*. In Sujok, the palm is considered as the front part of the body, little outer fingers being the two arms, center and ring fingers are the two legs and the back of the hand is considered as the back part of our body. Just like the arm consists of wrist, elbow and shoulder, our fingers have their relating point in the three joints. So when we take a gander at a finger, we can equate the hand till the wrist as the tip of the external finger, the wrist to elbow is the center part of the finger and the shoulder as the last part of the finger that connects it to the palm. Similarly, the two segments of the head and neck can be effectively connected with the two joints of the thumb. The thumbs part close to the nail till the joint is the head that relates to the face and the second joint relates to the throat. Similarly, the pressure point for the back of the head are located at the back of the thumb and the neck corresponds to the second joint of the thumb.



Having understood that the hands and feet are the locations of systems of active points corresponding to all organs and parts of the body, stimulation of these points produces a curative effect. We just need to use a **JIMMY** to locate the corresponding point related to our ailment. When we simulate the key point, you will feel a pain at the point corresponding to your ailment which will be different from the pain of pressing. Once you have located this key point, you will need to apply pressure on it to activate it. For a lasting effect, one should repeat this action at regular intervals. Sujok helps in healing joint pains, backache, spondylitis and certain physical problem such as BP, headache, arthritis, bronchitis, asthma, migraine, constipation, acidity and other chronic diseases related to different organs of our body.





CORE COMMITTEE MEMBERS



WELFARE COMMITTEE MEMBERS

NWWA (SR) bids farewell to Mrs. Nidhi Bansal, Mrs Saloni Pandey and Mrs. Archana Bhat.
NWWA (SR) welcomes Mrs. Anjana Chatterjee, Mrs. Sujata Bellary, Mrs. Neelam Srivastav,
Mrs. Veena Nagraj, Mrs. Manisha Nawadkar and Mrs. Garima Panchal.

NWWA COMMITTEE MEMBERS



SOUTHERN REGION