



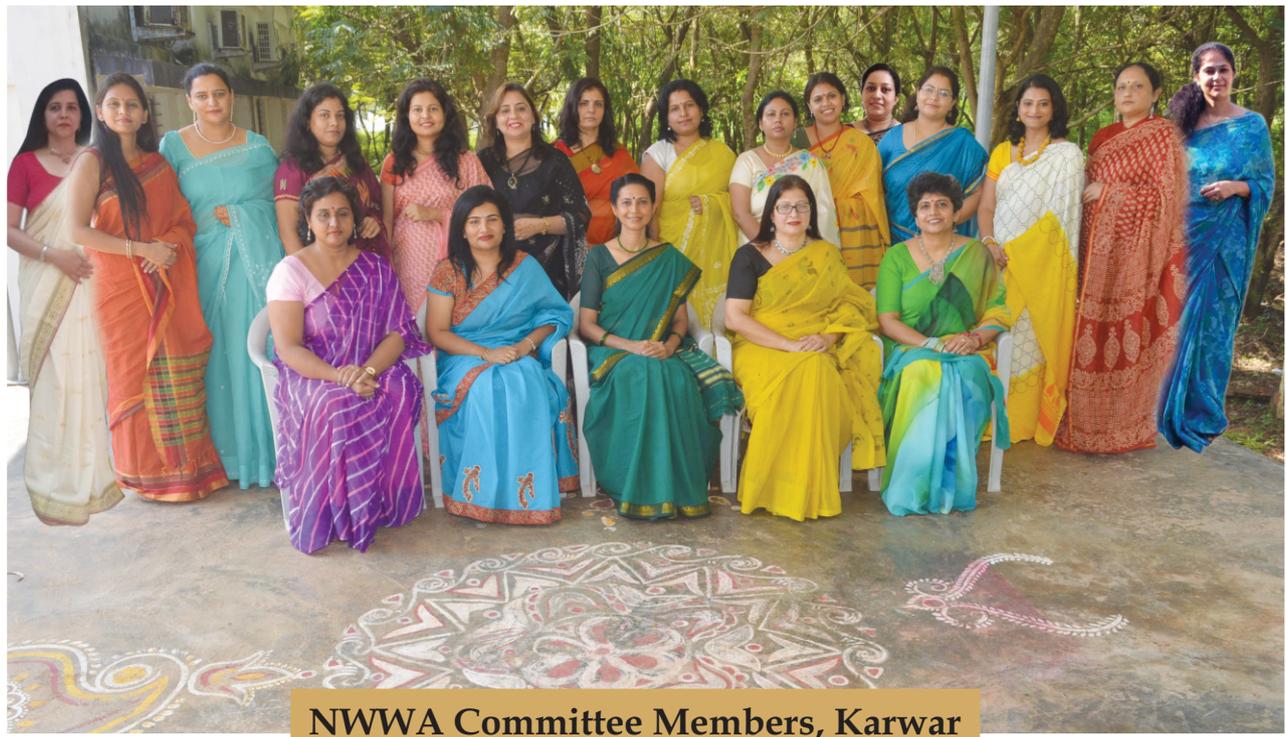
VARUNI

April 2018



Karwar... A hidden paradise

*Navy Wives Welfare Association
(Karnataka)*



NWWA Committee Members, Karwar



NWWA Committee Members, Bengaluru

NWWA Karwar Welcomes
Mrs. Sonal Roy, Mrs. Sunita Sharma & Mrs. Anita Sreesan

Bids farewell to
Mrs. Priyanka Jha, Mrs. Saudamini Yaduvanshi,
Mrs. Rinti Sengupta, Mrs. Kumud Banerjee &
Mrs. Gowri Mukhetkar

FROM THE EDITOR'S DESK.....

Karwar.... Hitherto a hidden tropical paradise is a small town nestled between lush Green mountains of the Western Ghats and sprawling beaches extending into turquoise Blue Arabian Sea. The mesmerizing natural beauty of this place amazes you at every corner. The canvas of Mother Nature changes from clear night sky with glittering stars (no longer possible in our Metros) to the beautiful morning glow of the rising Sun behind the mountains. During day, the whole arena is bathed by a bright sunlight which is only disturbed by the sound of chirping birds and Peacocks. In monsoons, the near constant pitter patter of raindrops is only disturbed by the descending clouds engulfing Karwar into a beautiful blanket of romantic mist. On the beaches, the roaring sea's salt water spray only adds to the magic. The splendour of nature in all its hues, especially in the evenings with sun setting in the Arabian Sea, need to be seen and experienced to be believed !



It is for these reasons, Karwar has attracted visitors from the time immemorial dating back to 16th century when famed Vasco-da- Gama came calling at Anjadiva Island to our own Nobel laureate Shri Rabindranath Tagore who called Karwar 'The Kashmir of the South'. This natural paradise is adequately complimented by the thousand year old rich cultural heritage, customs and traditions built by resident locals. Numerous temples and churches dating back a few centuries tell the tale of Karwar spread over a thousand years.

In this edition, we have put together glimpses of Karwar showcasing its abundant natural beauty, rich cultural heritage and traditions. I am sure you will enjoy reading it as much as we have enjoyed exploring it.

Happy Reading.....

Best Wishes
Renu Singh



I would like to thank all the lovely ladies who have contributed towards publication of this issue. The newsletter has come out as a pot pourie of articles and poems that paint a graphic picture of natural beauty, culture, tradition and cuisine of Karwar. It goes without saying, that this newsletter would not have been possible without active and enthusiastic support and cooperation of KNA ladies.

Mrs. Nandini Chhikara
Co-ordinator Sanchar

Team Sanchar would love to hear from you.
Do write to us at karwarsanchar@gmail.com

Swayam Siddha Smart Mom Contest

A Mother has a very special bond with her child. In spite of being a normal human being, she has to sometime juggle various tasks like a super hero. She has to minutely and sensitively handle the worst situations. In this era of Mobile phones and Internet, parenting becomes a scientific and sensitive process. From raising a child to inculcating morals and values in them, to playing a crucial role in their future development; a mother makes a tremendous contribution in her child's life.

A Mother's role is very important in the overall development of a child. Keeping this in mind a 'Swayam Siddha Smart Mom contest' was organized by INHS Patanjali under the aegis of NWWA Karwar. A series of lectures were organized and different specialists gave talks on various topics like Child Health and Nutrition, Finance, Personality Development, Stages of Child Development etc. These talks were very informative and enlightening. A large number of ladies attended these talks.

The contest was divided in three rounds which comprised of a written round, an interview round and a final interview round. In the first round, questions based on the various topics which were discussed in the lectures were asked. The candidates who cleared this, moved to the interview round. In this round questions pertaining to the challenges posed by Motherhood in today's world were asked and participants were judged on their personality and their knowledge. In the last and final round the selected participants were called in for an interview by a panel of judges. Attractive prizes were given to the finalists.

The role of a Mother in the child's development is critical, one that is driven logically, not emotionally. Apart from raising and educating the child, and inculcating values and ethics into them, a mother makes important contributions in deciding the course of her child's life. In fact it would not be wrong to say that a mother does not raise a child; a mother raises the future.

Mrs. Shashi Bala



Never too late to Shine... Senior Citizen's Talent Show

As we grow old, we experience a disconnect with the young people due to generation gap. To revive the spirit in the aged people, the Ashirwad wing of the NWWA Karnataka Region regularly conducts innovative programmes like the Day at sea, temple visits etc. One activity among these, is the talent show for senior citizens. As the Coordinator for the wing, I witnessed the complete process from planning to execution of the talent show. The modern generation is generally glued to the television sets and the electronic gadgets such as mobiles and tablets. These gadgets keep us away from active socialising and keep our talents and thoughts to ourselves. This in turn keeps our aged parents at home worried; as they cannot express or communicate within the family and to persons in their neighbourhood. In order to bring some cheer and joy to the life of senior citizens, the event was conducted to encourage them to show their flair in the areas of their interest. Initially, the senior citizens were hesitant in enrolling for the event. However, with the constant encouragement from our team, the number gradually increased. The event was well subscribed by a total of 35 members who actively participated. Some of the participants had displayed wonderful talents such as stitching and embroidery skills, story telling with great inspirational themes, singing etc. One such fabulous talent was exhibited by Mr Srivastava who had shown the caricatures displaying the humour of today's political scenario. Many others entertained with jokes and anecdotes. The event was very well received and the participants enjoyed thoroughly. Towards the end, the participants were felicitated with token of appreciation. The event was a grand success and each one who gathered during the event requested us to conduct some more of these programmes ; more frequently.

Mrs. R. Smitha



प्राकृतिक सौंदर्य का परिचायक “कारवार”

प्राकृतिक सामिधय मे बसा कारवार एक अत्यंत ही खूबसूरत और रमणीय स्थल है। कारवार कर्नाटक का एक छोटा शहर है, जो अपनी अदभूत प्राकृतिक घटाओ से परिपूर्ण है और दिनो-दिन विकास के दिशा के ओर अग्रसर है। यहाँ की खूबसूरती को देखकर ऐसा लगता है मानो “कारवार” नाम में प्राकृतिक सुंदरता पूर्व समाहित है। यहाँ का सवेरा अनेक प्रकार की रंगबिरंगी और सुरीली चिड़ियों के चहचहाहट से गुंजायमान होता है और समुद्र तट से सूर्यास्त का वह मन को मुग्ध कर लेने वाला दृश्य मानो स्वर्ग की परिकल्पनाओ को परिभाषित करता है।

कारवार भूखंड कर्नाटका के उत्तर पश्चिमी छोर पर स्थित नौसेना की एक प्रमुख इकाई के रूप में विकासशील एवं आनेवाले समय में सामरिक दृष्टि से एक महत्वपूर्ण स्थान है। यहाँ अनेक समुद्रतट खूबसूरत नजारो के प्रतीक है। जहाँ सूर्यास्त और सूर्योदय का अनुभव अत्यंत आनन्दायक और अविस्मरणीय है। समुद्र तट पर दूर-दूर तक फैली रेत और ऊँची-ऊँची चट्टानें समुद्र तट को और भी आकर्षित और अन्य समुद्र तट से अलग श्रेणी में शामिल करते हैं। और उन चट्टानों से टकराती हुई लहरों की गर्जना इंसान को तन्हाई में भी किसी के होने का एहसास कराती है और दिल को सुकून महसूस कराती है।

यूँ तो कारवार सौंदर्य से परिपूर्ण है लेकिन मॉनसून के बरसात के बूँदा-बाँदी के बाद कारवार की खूबसूरती और भी निखर जाती ऐसा महसूस होता है मानो गर्मी की तापिस से झुलसी हुई कारवार पानी की बूंद पड़ते ही खिल गई हो और बारिश की बूंदों में नहाकर एक नई नवेली ऊर्जा से परिपूर्ण दुल्हन के भाँति कारवार की खूबसूरती अपनी चरम सीमा पर होती है। तभी तो कारवार को इस बेशुमार खूबसूरती के कारण “कर्नाटक का काश्मीर” भी कहा जाता है। कारवार देखने और घूमने के लिए एल बेहतरीन स्थान है जो छुट्टीयाँ मनाने और पिकनिक का केंद्र बन चुका है।

कारवार घुमने का उचित समय अक्टूबर से फरवरी का समय अत्यंत सटीक होता है। काफी सारी स्थानें देखने एवं घुमने हेतु प्रसिद्ध है। यहाँ काफी समुद्र तट है जैसे-कारवार तट, कामत तट, रवींद्र नाथ टैगोर तट, देवबाग तट आदि। इसके आलावे यहाँ रॉक-लाइटहाउस, अलवी गुफा, अनासी वाटरफॉल, सदाशिवगढ़ किला, कारवार एकोरियम, आई. एन. एस. चपपल, मारुति मंदिर, दुर्गा मंदिर आदि। सैलानी यहाँ ट्रेकींग का आनंद भी उठाते हैं।

दिसम्बर-जनवरी में यहाँ करावली महोत्सव मनाया जाता है जो काफी दिनों तक चलता है। इस महोत्सव में कई जानी-मानी हस्तियाँ आती हैं और रंगारंग कार्यक्रम आयोजित किए जाते हैं। इस महोत्सव में काफी सारी देखने सुनने की बातें होती हैं। दूर-दूर तक दुकाने लगी होती हैं यह महोत्सव समुद्र तट पर मनाया जाता है जिसके कारण इसका दृश्य बड़ा ही भव्य होता है।

इसके अलावे यहाँ समुद्र तट पर स्थित होने के कारण समुद्री भोजन (Sea food) के लिए भी कारवार बहुत प्रसिद्ध है। यहाँ विभिन्न प्रकार के समुद्री खाद्य प्रचुर मात्रा में मिलते हैं। दूर-दूर से यहाँ पर्यटक प्राकृतिक सुंदरता और समुद्री तट पर समुद्री खाद्य सामग्रियों का लुफ्त उठाने आते हैं। यहाँ जीवन यापन के सभी सामग्री पर्याप्त मात्रा में मिलते हैं मौसमी फलों और सब्जियों के साप्ताहिक बाजार लगते हैं जहाँ खाने-पीने के समान से लेकर कपड़े और साज-सज्जा के अत्यंत आकर्षक सामग्री मिलते हैं। यहाँ के बाजारों में खाने-पीने के अच्छे रेस्टोरेन्ट होटल और छोटे बड़े शॉपिंग मॉल भी हैं।

अंततः उपयुक्त कथनानुसार कारवार एक जीता जागता चारों तरफ चहल-पहल वाली खूबसूरत शहर है जहाँ सैलानीयों को अच्छा खाना-पीना, प्रकृति के समीप प्राकृतिक सौंदर्य एवं समुद्री तटों का आनंद उठाने का सुअवसर मिलता है।

श्रीमती माधवी कुमार

Karwarian Traditions

Flanked by soaring Western Ghats on the East and caressed by mighty Arabian Sea on the West, Karwar is known for sea food and its tranquil beaches. Apart from this, Karwar also has very vibrant culture with unique traditions and rituals. Let's explore some of these.

A tortoise shape island that comes to life once a year, wherein thousands of devotees offer Puja to Lord Narasimha on occasion of KURUMGAD JATRA held on Pushya Purnima (January). The idol of Lord Narasimha, tutelary deity, of fisherman is bought from Kadwad, transported to Kurumgad island & taken to hilltop for Puja.

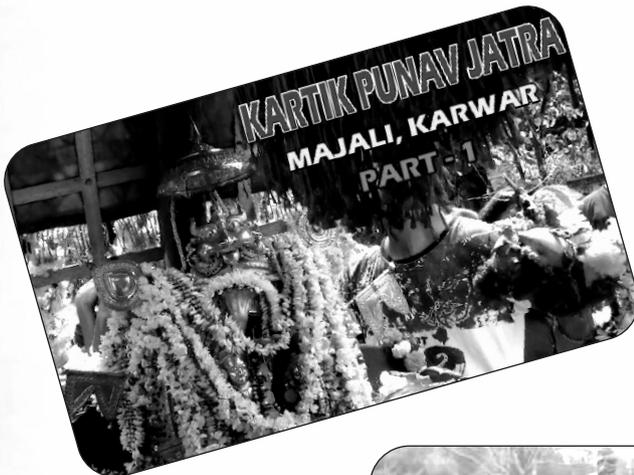
SHIGMO, a spring festival celebrated by Konkani diaspora and forms part of Indian festival, Holi begins nine days before 'Holika Dahan'. Group of people from Ghotegali & Hankon village visit places depicting mythological characters, enacting scenes from Ramayana/ Mahabharat. People dance to the tune of Dhol & Taso (drums). Money/ food is given to the performers in response to which they sing a song called 'Tali' wishing the donor well. Next day, 'Festival of Colours' begins with children wearing masks of different animals and colours applied to their bodies; visit various homes for sweets. The significance behind the ritual is to scare off the evil forces.

Rakshabandhan, is celebrated across the coastal region as 'NARALI POORNIMA' or COCONUT DAY. The bond of protection between brothers and sisters extends to the Fisherman & Lord Varun. Fishermen offer coconut with little gold to the 'Lord of Seas' during Puja, to invoke his protection from dangers of the sea. Special sweet dish from coconut is prepared. After performing Puja, fishermen sail in their decorated boats. As a mark of respect towards Mother Nature, coconut trees are also planted.

NARAKA CHATURDASHI is celebrated on the second day of five day long festival of Diwali. The Hindu literature narrates that the demon Narakasura was killed on this day by Lord Krishna. The day is celebrated with morning ritual of men rubbing scented oil on their bodies before bath and ladies performing Aarti. Different delicacies of Poha are made for Prasad. Bitter berry called Kareet is crushed under the feet representing killing of Narakasura, the evil and removal of ignorance. This is considered to be the day of Diwali followed by Laxmi Poojan the next day.

These are the few reasons why Karwar is so special and enticing for us.

Mrs. Pooja Sood



Cuisine of Karwar

Cuisine of Karwar, is unique in its taste, flavour and variety. The food here has pristine purity and is full of traditional flavours. Rice, coconuts and fish constitute the three main elements of Karwari food which are enriched by wide varieties of fruits, vegetables and spices cooked in unique Karwari vessels following traditional procedures. In this article we will take a sneak peek into the mouthwatering world of Karwari cuisine.

Rice is grown abundantly in Karwar since it is blessed with bountiful rains. The locally grown parboiled rice (*ukado tandul*) is used for rice gruel (*pej*) for mid-morning meal.

Coconuts are used in abundance in Karwari cuisine to produce a variety of curries, chutneys and sweet dishes like *patoli*, modak and *madgane*. Coconut milk is used to prepare sweet dishes like *payas* and *madgane*. It is mixed with jaggary made from local sugarcane which serves as *ros* cakes. Coconut oil is also used extensively in cooking. Fish fried in coconut oil gets an aroma and acquires a unique taste.

A wide variety of fish is the treasure provided by the sea here. Bangada (mackerel) and Tarala (sardine) are the fish most abundantly available at reasonable prices. Paplet (pomphret), Visvan or Surmai (king fish), Ravas and Shevate are bigger fish each with its own taste. Nagali found in estuaries is a delicate fish and is aptly called Lady's Finger. Sungata (prawns), Tisryo (shell fish), Kalwa (rock fish or mussels) and Kurlyo (crab) are sought after delicacies. During the rainy season fishermen cannot enter the turbulent sea, so fresh fish (bangada, sungata and mori (shark)) is dried in the summer season on the road under the hot burning sun and stored for use in the rainy season. *Kismore* made of dried bangada, sungata and mori is very delicious.

Karwar has many varieties of mango and various dishes are prepared using mango like *ishadth*, kalo (black), dhavo (white), *musrad*, *fernad* etc. Summer is the season when mangoes arrive in abundance in the market. *Amras-puri* is a favorite dish in a summer season meal. Beside there are also small juicy mangoes, which are used to prepare *sasav*, a special dish of Karwar. Mango curries flavoured with *ghalani* are also local favourite. Pickle is also made from raw mangoes. Mango juice is dried in the sun and made into flakes - *sath* for relishing the taste of mango long after the mango season is over.

Karwar is also has plenty of fresh local vegetables and fruits like Jackfruit, Neerfanas, Mage, Vali-Baji etc. Jackfruits are used to make patolis - a pancake steamed in a covering of haldi (turmeric) leaves and is eaten with ghee. The jackfruit seed (bikan) is used as an additional input to curries.

Neerfanas (Breadfruit) Green in colour like jackfruit but much smaller and round in shape. Their skin is peeled off to reveal a whitish flesh inside which is sliced and shallow-fried. These are called phodies a typical Karwar dish which is very delicious. A tasty bhajis - suki (dry) and patal (saucy) is also made combined with vatana (dried white whole peas). Mage is a typical fruit vegetable of Karwar, soft and somewhat sweetish whose liquid bhaji mixed with vatana (dry peas) or ghalani and coconut paste is a great delight. Vali-Bhaji is a leafy vegetable whose bhaji mixed with dry shrimps is an ideal accompaniment to mid-morning pej (rice gruel). It is rich in iron. Ambade is a sour fruit vegetable is put in a special curry called *udadmethi*, which tingles the tongue. Lentils like Mung dal are used to prepare a popular vegetarian curry flavored with phodani palo (curry leaves) and enriched with cashew nuts. It is eaten with rice and is a must at wedding feast.

Karwari cuisine also uses a lot of spices like local red Chilies and local spices like Tepal, Sola - bhiranda and vatamba etc are plucked and dried. They are used to add sour taste to the curry. Red Bhiranda is used for sola kadhi, which has cooling effect in summers. Fruits like Pineapple, Watermelon, Papayas and Bananas etc are locally grown in Karwar.

Karwar cuisine is a tradition that is evolved from generation to generation and is a part of Karwari way of life. A Karwari housewife does not mechanically follow written prescriptions and formulae in a recipe book but relies on her own uncanny judgment of taste and flavour. The same skill is passed by her down the generations. The result is that the food here has retained its purity and traditional flavours. So next time when you travel to the Karwar, do make it a point to try the local delicacies. Bone Appetite!



Mrs. Yamini Chauhan

Kitchens Of Karwar

As I journey down the memory lane, I remember my apprehensions of residing in Karwar. The options to eat out were limited and a standard problem for many. With each passing week, we discovered various locales that served good local cuisines. While Karwar does not boast of the array of restaurants that one may find in bigger cities, it does have its share of quaint kitchens that serve food which rival the best kitchens in the world.

On top of the list of kitchens to visit is the *Hotel Amrut*. Featured on "Highway on my Plate", this restaurant is over 40 years old, run by the ever affable Bharat. This is the top destination for quality seafood in Karwar. A selection of starters, whet your appetite and leaves you wanting more. The seasonal fish rava fry, Prawns Butter Garlic; Crab Sukka are a must try. Vegetarians don't despair - Amrut has an excellent selection of vegetarian dishes, among them is the 'Dal Toye'.

Shweta Lunch Home, located on the Green Street is a small non-descript hotel in one of the by lanes near the most frequented baker Monginis. Though the ambience does not offer much confidence, the food there portrays the Konkan and the Malwan cuisine the best. The fish thali and crab pepper being the favourites of its patrons.

Tandoor house, again on the Green Street is a great option for Tandoor and Mughlai dishes. One could order there and run errands while the food is ready for take away. Hidden in the various nooks and crannies are many small hotels and lunch homes that offer quintessential Konkani food. Although the place boasts of its sea food; it offers good vegetarian restaurants which serve both south Indian and north Indian dishes. 'Poornima' in Karwar town and 'Kamat' in Ankola are great places to try. Buns and Neer dosa at Kamat are a sure - fire to tickle the taste buds. The juxtaposition of Café coffee day to Kamat makes the dining experience worth the drive. *Abhiruchi* and *Bhojan* located on the Green street offer multi cuisine lunch and dinner options, snacks like idly and dosa are available in the morning and evening.

Ice cream has been a staple dessert at Karwar for many years; a walk around the town could still unearth a good Gadbad/ Rambo Gadbad that will cool you off on a hot summer day. Amul parlour on Railway station road and '21 Flavours' on Green Street offer you more modern selection of ice creams.

Karnataka has always been known for its *Iyengar bakeries*. Freshly baked breads, cakes, macaroons and puffs are their specialties. One must try the paneer puff; potato bun at *Bhatt Bakery* on temple street and cakes at *Naman Bakery*. The latest entrant into the food market is the *Pizza Arena* located two blocks away from Amrut hotel. It has been a great respite to the residents of Karwar offering freshly baked pizza base and a good selection of toppings. Its extension counter operates out of Little Chef in Kadamba Vanam in the Naval Base

Karwar straddles Goa to the North and the temple towns of Gokarna and Murudeshwar to the south. Both the highways have good pit stops to offer. A short journey Northbound on Route 66 takes you to Fishland where one could get excellent sea food platter which is also easy on the pocket. A few minutes' drive would throw open a plethora of choices of beach shacks and bistros in and around Agonda and Palolem. Hotel Pandurang offers decent food on the South bound highway. My gastronomical journey in Karwar has come to an end for now as my husband moves out on transfer; but I do hope that I have inspired some of you to let your palates explore and roam the kitchens of Karwar.

Places to visit around bounteous Karwar

Karwar the anti-thesis of Goa, quiet, less commercialized, and Rabindranath Tagore's words "The sea beach of Karwar is certainly a fit place in which to realise that beauty of nature is not a mirage of imagination, but reflects the joy of the infinite and thus draws us to lose ourselves into it" ring true even today. While we are all aware of the bounteous beauty of this land most of us living here and many of our visitor friends are mired in touring and calling on at the oft repeated touristy destinations around. Let us therefore look at some of the lesser known but extremely wondrous places around.



Yana located about 60 kilometres from Karwar in forests of Kumta, is known for its unusual rock formations. The largest two massive rock outcrops are the Bhairaveshwara Shikhara which is 120 metres (390 ft) in height and the smaller Mohini Shikhara which is, is 90 metres (300 ft) in height. The huge rock faces are composed of black, crystalline karst limestone. There also exists a cave temple below the Bhairaveshwara Shikhara where a Swayambhu ("created by its own accord") linga is formed.

Sahasralinga is a pilgrimage place, located 14 km from Sirsi. It is on the river Shalmala and is famous for being the location where around a thousand lingas are carved on rocks in the river and on its banks. The Shiva Lingas were built under the patronage of Sadashiva raya varma, king of the Sirsi kingdom in the 17th Century. Many Basava (bulls) are also carved in front of the Shivalingas.



Tilmati beach, Majali is one of the most secluded beaches. It is 14 kms from Karwar town and is accessible after a 1 km hike. This beach is inaccessible during the harsh monsoon and a good season to visit would be from November to March. Tilmati literally translates to sesame sand, or sand that looks like sesame. The entire beach is made of black sand of basaltic rock which is finely grained over the course of thousands of years by

waves hitting the rocks. Surprisingly this is only a 100 meters stretch of black sand beach.

Dandeli Wildlife

Sanctuary, the second largest sanctuary in Karnataka spreads over an area of 834 square km. The calm forest on the banks of River Kali offers a peaceful and less-busy option to nature and animal lovers. The sanctuary is home to the tiger as also 200 bird species including Orange Headed Thrush and Malabar pied Hornbills.

Adventure activities such as kayaking, river rafting, mountain biking, and trekking are on offer here.



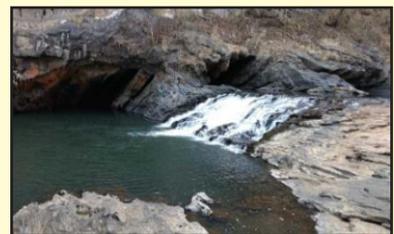
For those who would stick to the trodden path, here are a few other places to visit apart from the innumerable locales of Uttar Kannada district.



**Kethapayya
Narayan Temple
Murudeshwar**



**Om beach and the
Mahabaleshwar temple,
Gokarna**



Syntheri volcanic Rock

KALEIDOSCOPE OF NWWA ACTIVITIES...

Aarogya - Health Checkup for Ladies



Coordinator Mrs. Shashi Bala

Aashirwad -Harbour Cruise



Coordinator Mrs. R. Smitha

Pragati - Honing Skills



Coordinator Mrs. Neetu Sharma & Mrs. Gowri Mukhetkar

Prakriti - Talk on Local Organic Products



Coordinator Mrs. Saudamini Yaduvanshi

Kalakendra - Showcasing Talent



Coordinator Mrs. Jasveen Singh & Mrs. Sonal Roy

Samudri- Our retail outlet



Coordinator Mrs. Jasveen Singh

KALEIDOSCOPE OF NWWA ACTIVITIES...

Udyogika-Empowering Women



Coordinator Mrs. Kumud Banerjee,
Mrs Meena Tiwari & Mrs. Sunita Sharma

Saundarya - Bringing out the beauty



Coordinator Mrs. Richa Lakhanpal

Sparsh Reaching out to under privileged



Coordinator Mrs. Anita Sreesan

Smart Mom Contest



Talk on Child Health and Nutrition

Fostering Creativity



Art & Craft Workshop for Children

Health Is Wealth



Celebrating NWWA DIWAS

Rendezvous With Otters

“We are moving to Karwar, not Mumbai or Vizag”. I was made aware of this fact in Delhi last year. Recovering from the shock and wondering what 'Karwar' is all about, I started my research and came to know that Karwar is bestowed with amazing wild life and natural beauty. I being a wild life enthusiast, this opportunity was like a dream come true. I left Delhi with lot of enthusiasm and curiosity .After reaching Karwar, I realized this place has a fascinating wild life and habitats rich with endemic species. I started going for a walk every day just to explore the nature and spotted variety of reptiles like monitor lizards and snakes etc, some people have even spotted a black panther, wild boars and leopards. My most thrilling experience has been spotting a green vine snake during my walk. My tryst with the fauna in and around Karwar naval base has indeed been very exhilarating . But I shall never forget two extraordinary experiences that brought me closer to one of nature's wonder... the Otters.

One fine August evening, my husband and I were returning after a cycling trip to Kamat bay. As we approached Binaga, I spotted a few black heads popping out of the sea. Not aware of the presence of the Otters in this region, I presumed they were Porpoises. I parked my cycle and decided to take a closer look. To my utter surprise, they were not Porpoises, but a group of otters! As I moved closer, there were three dogs exchanging soft barks-cum-whistles with the Otters - which sounded friendly and communicating, rather than intimidating. What happened next was unbelievable! Every time the dogs barked, these otters would swim towards the beach driving fishes on to the shore. The dogs, playfully jumping in and out of water, would then attempt to catch the fleeing fish, which their otter pals conveniently washed against the shore for them. Yes, I pitied the fish - literally caught between the dogs and the Otters - or should I say, 'Devil and the Deep Sea'. In 8 years of my experience, of working in the field of nature conservation, I haven't heard or read such friendly association between two different species belonging to two different habitats. This incident has taught me another lesson that one should be helpful with no expectations in return and helping to coexist in spite of all the differences. I later learnt that the species were Smooth Coated Otters. As Luck would have it , I got to see them again !

This time my husband was away for more than a month and I was on a lazy evening stroll along Binaga beach to meet up with friends for an ice cream candy treat. Not too far I spotted a familiar head popping out of water. Yes! It was an Otter again! I immediately pulled out my phone and was ready to click. I sat by the water for a closer look. The Otter popped its head out, took a good look at me, dived and started swimming towards me. Surprised and excited, I turned my camera mode from picture to video. As it came some 4-5 arms distance from me, it surfaced and barked softly. I had to reciprocate with an instant - Hi!!! Needless to mention, I spent the next 10 minutes sitting there watching it swim along and fish, as I shared the experience with a few friends and hubby - live on whatsapp. Finally, I left elated and thanking the Otter again for that close rendezvous. I went back smiling from ear to ear. Thankyou Karwar; for such truly divine experiences.



Mrs. Archana Gupta

Joy With Bird Watching

Birds have inspired me in many ways. It was a good idea to take a peek into their world, but waking up at five in the morning for trails was a bit too daunting. It looked like a good idea to invite them to our garden.

When in Vishakhapatnam, I wanted so much for these little creatures to come over to my little green space, that it encouraged me to do my first online transaction- buying a bird feeder for sparrows. The website said, 'Install this feeder and save the fast depleting sparrows.' The feeder needed to be filled with bajra and then hung on a tree. Turns out that that the sparrows were not too keen on getting saved, as not a single one bothered visiting our garden, leave alone taking to the feeder. For better visibility, I tried hanging the feeder from all possible strategic locations - top, bottom, center, center forward, center backward. Interestingly, instead of the birds, the squirrels mastered the art of using the feeders. They would hang upside down and nibble the grains.

Everything changed as soon as we came to Karwar. Instead of the fancy feeder, I set up a small terracotta bird bath and put bajra in a colourful ceramic plate in the lawn. Just as Newton discovered gravity with the accidental fall of an apple, I experienced my 'Aha' moment when the bajra accidentally fell on the ground. The next morning to my utter delight, I saw a few sparrows merrily feeding on the the ground! This was the starting point of my bird watching and there has been no looking back ever since! In some strange way, one set of birds seem to have conveyed to another set that our garden was open to them all, so join the feast!

The first visitors in the morning are the **Sparrows** who always come in pairs. Following them are the **Pigeons** and **Bulbuls**. By 8 - 8 30 am, **Robins** are hopping around. I have been experimenting with bird food and soon realized that robins are rather health conscious with a preference for oats over bajra!

Afternoons are a period of lull. The spectacle starts again after four in the evening with the visit of a **Tree pie**. It first finds a perch on a tree nearby, where it sits and makes all kind of sounds. Then it takes a quick dip in the bird bath. Sometimes, **Bee Eaters** too, visit us for a dip in the bird bath. **Ashy prinia**, moving about in the bushes, make their presence felt just by their typical sound. The **Hoopoe** loves digging grubs from the grass in the lawn, looking absolutely stunning with its crest and stripes. The **Turtle neck Doves** are evening visitors.

Sometimes just by seeing a few **Munia's** sitting together in the lawn, I know the water has started flowing in the hose and these birds are making the most of the flooding of water in the lawn. A **Kingfisher** flaunting with its ultramarine shimmering blues is often sighted on our gate. It was a treat to see this bird run and catch a live dragonfly floating in the bird bath. Some birds like the bright yellow **Iora** are not frequent visitors but grace our garden in early morning hours. It took some searching to understand that the bird with a long tail was none other than a **Asian Paradise flycatcher**. I jumped with joy the day I saw a **Malabar Grey Hornbill** perched on the tree in my garden.

I could go on describing all the birds that I have been lucky to see in my garden. These two legged creatures have brought so much joy in my life. I hope that whichever place we go from here, these tiny little beings find their way in my garden or balcony and in my heart.

Mrs. Neetu Sharma

Places To Shop In Karwar

Coming from a bigger city to a small town like Karwar can be a little disconcerting. There are no big malls or huge super markets to shop, but if one explores its nooks and crannies you will find hidden gems. A few of them are mentioned here

GDK Traders : If you need anything for baking this is your one stop shop in Karwar. It is located near Savita hotel and keeps all kinds of bakery products from fondant to pie fillings. 09845620575

Silk Palace and Nagappa Shetty : Silk palace on Green road and Nagappa Shetty on main road. where you get all kinds of sarees. Karnataka is famous for Kasuti work or Dharwad saree, these sarees are manufactured in Dharwad. So if you want any of these, you can check out these shops.

Uttarakannada Shop :- This shop is on the RT beach and you get all the handicrafts products in this shop. For handicrafts there is one more in Ankola next to CCD.

Fish market :- Whether you love fish or not, this is a must visit except on Mondays .All varieties of river and sea fish like Bangada (mackerel) and Tarala (sardine) Pomphret, Visvan or Surmai (king fish),prawns (shell fish), Kalwa (rock fish or mussels) and Kurlyo (crab) are available here

Sports :- Sport gear are available at Haider and Co. shop which is on the main market road. Most of the sports equipment are available here.

KO Shop:- It comes on the right hand side of the highway while going towards Goa and is a must visit shop to buy ethnic silver jewellery

Sweet Shop :- Karwar boasts of many sweet shops like Deepsons on the Main Road and Nandini Dairy for Dhadwad Peda & delicious milk products, located on Green Street Road.

More Departmental Store - is located on Dr Picklye Road .It is the place where one can buy almost anything from exotic fruits and vegetables to household items.

Khadimulla: is located on the main market road, a few shops away from the Monginis bakery. It has a wide range of cookware and appliances

Ankolekar Ayurvedic Shop - All Kinds of Ayurvedic Herbs & Seeds for home remedies are available in this shop. It is located behind Savita Hotel, Karwar

RT Dry Fruits - is near Ganapati Temple, all kinds of dry fruits, pickles, olives and sauces are available here

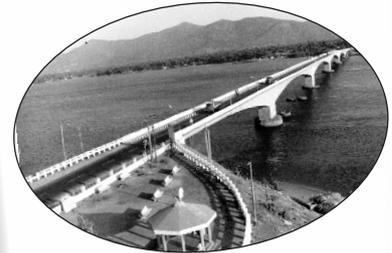
These are some of the places where one can shop in Karwar. Happy shopping folks!!

कारवार की शोभा

कारवार की शोभा है अद्भुत अनन्त
जहाँ देखों खुशहाली नहीं उसका है अन्त
कही पहाड़ी कही पठारी कही सुरंगे अपार
कही नारियल कही सुपारी कही काजू की बाहर
काफी जायफल और लोंग की खेती यहाँ दिख जाती है
इसकी मन्द मन्द खुशबू मन को हर्षित कर जाती है
पतझड़ खत्म होते ही बारिश आ जाती है
हरी भरी ये घाटियाँ फूलों से लद जाती हैं
नभ से मोतियों का झरना टिप टिप होलो से बरसे
वर्षा की बूंदों को देख प्यासी धरती का मन हरणे
भूमि पर जल पड़ते ही मिट्टी से खुशबू आये
देख घरा का अनुपम रूप मेरा मेरा मन हरवाये
कभी कभी विदेशी पक्षियों का संगम यहाँ पे मिलता है
इसी लिए यह कारवार सबसे अलग ही दिखाता है

सीमा अवस्थी

Mrs. Monika Singh

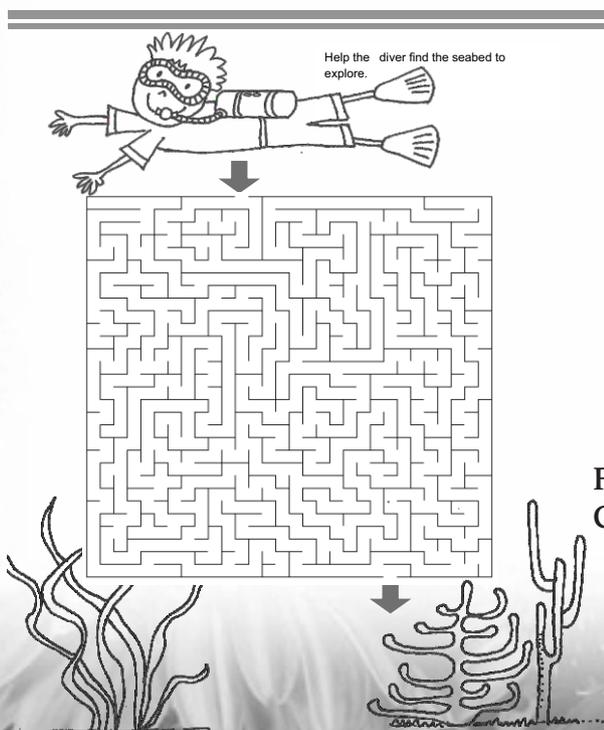


Kids Corner

The wonders of the Deep Blue Seas

- If you could evaporate all the water out of all the oceans and spread the resulting salt over the Earth ,you would have a 500 -ft layer covering everything!
- Do you know that life in the ocean varies as we go deep ! Plants grow to a depth of about 107 metres. Fish colour changes, fish living near surface are often blue, green or violet. In twilight zone, which is 180 metres down, fish are silver or light coloured. Many fish living 3000 metres down in the dark ocean waters,have their own lights.
- Coral Reefs are made by billions of small sea animals. When they die, they leave their skeletons behind and this forms coral reefs very very gradually.
- Dead Sea is so salty because it is surrounded by a hot desert, the intense heat causes sea water to evaporate faster, thus large quantity of salt remaining in sea as large quantity of water goes into air
- The Pacific is the largest and deepest ocean in the world.
- The Red Sea in the Indian Ocean has the saltiest water ,it is also known as Dead Sea as its water is so salty that nothing can remain alive in it.
- The Mercury,Gemini and Apollo spacecraft landed in the Atlantic and Pacific oceans when they returned to Earth.
- Dead Sea (also known as Red Sea) puts lot of upwards force due to large quantity of salt in it ,so people can remain afloat in this or can swim with no effort
- The Indian Ocean is the warmest ocean.The temperature of surface water sometimes touches 36.6 degrees
- The Mediterranean Sea is also called 'incubator of Western civilization'.
- The scientists who specialize in study of oceans are called Oceanographers .
- Do you know “Pacific means “peaceful”.Actually when people first found it, they found it very calm & peaceful, as compared to the atlantic oceans so they named it “Pacific”.
- An estuary is a place where a river flows into the sea.

Deep Sea Diver Maze



HOBBY CLASSES

KALAKENDRA

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CASIO
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GUITAR
BHARATANATYAM
HINDUSTANI CLASSICAL MUSIC
STORY TELLING
ZUMBA
AEROBICS

NWWA KENDRA

SWIMMING CLASSES
KARATE
DRAWING
SKETCHING
GUITAR
WESTERN DANCE
THREAD MAKING
EMBROIDERY
STITCHING
FLOWER MAKING
CUSHION MAKING
SOFT TOY DESIGNING
JEWELLERY MAKING
MEHENDI
TAILORING DIPLOMA
BAKING CLASSES
SPOKEN ENGLISH

For Tuition Classes

Contact : 5039 (NWWA Kendra)
6391 (Kala Kendra)

NWWA BENGALURU

NAVAL WIVES IN BANGALORE

Bengaluru!! One of the most culturally diverse cities in the country, 62% of the population comprising of migrants from all over the country. The IT hub of the country as it is rightly called because of its flourishing IT services and start ups. The garden city of India, boasting of two nationally recognized botanical gardens – Lal Baug and Cubbon Park. A foodie's paradise with the likes of V.V.S Puram street food, the famous Udupi Krishna Bhavan and Ramakrishna Lunch Home. Nestled within this diverse socio-cultural environment is a small Naval Society and NWWA Bangalore.

Naval Settlement in Bangalore though not favourably co-located in the form of Navy Nagar/ NOFRA as in Mumbai or Nausena Baugh/ Naval Park as in Vizag, NWWA Bangalore has been able to stay close knitted. With “the Good Morning” posts the day kicks off. The working ladies as well as the homemakers relate to NWWA Bangalore as an opportunity and platform to express themselves, discover the potential within themselves and contribute towards the aim of NWWA and more importantly to meet each other at a common place whilst staying scattered around the city far from each other. Despite the small number of NWWA members in Bangalore, naval wives bring out their talents in function like NWWA Divas, held on 13th February, 2018. A two hour programme, conducted by both officers and sailors wives wherein basic yoga exercises were taught, games were played, and every lady participated with full enthusiasm and energy. Many ladies discovered various talents they possessed whilst playing games and during activities. It reminded all of us of Sports Day in school where one would desire for at least one prize. There are occasions when the Station is visited by Senior NWWA members from different regions. The ladies take this opportunity to welcome the guest and discuss activities undertaken by them. It also serves as a platform to introduce new initiatives towards social welfare, health, education and community support. Recently, the ladies visited BEL (Bg) school for special children and adults. The ladies interacted with the children and teachers to understand their problems and motivated the staff for their noble work.

Even if Naval wives keep themselves busy with Milans, NWWA sports meet, they are in full charge of the house, raising their kids, engaging in household chores. Naval wives do miss NOFRA as most of us are staying in remote areas, not accessible to canteens or clubs. We do miss the kitty parties. However, occasionally unit get togethers are held either to celebrate a birthday or wish someone adieu. As the community is a small one, each gathering/ event is a cosy, intimate affair and at times, more fun than a large gathering.

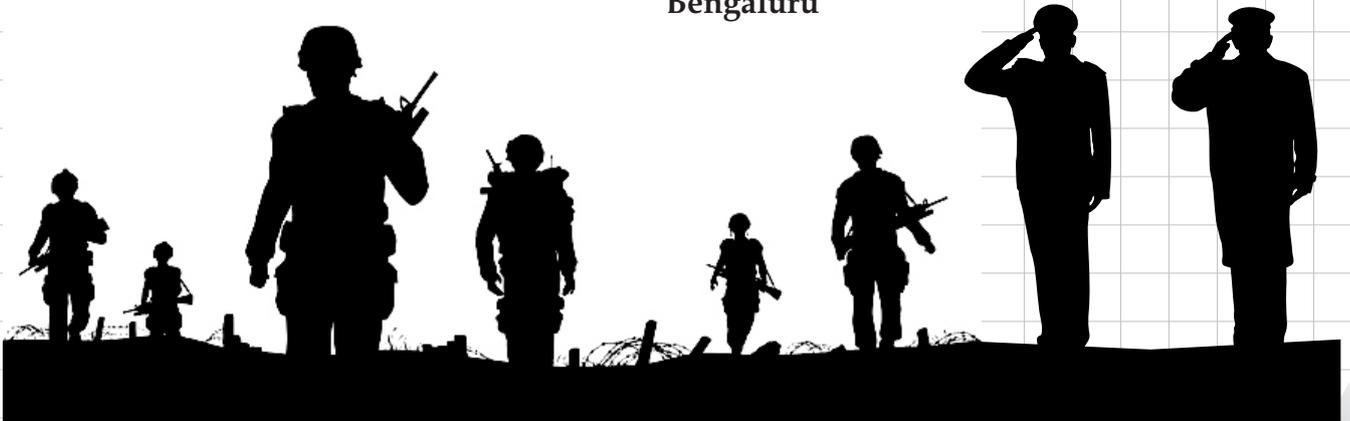
It is rightly said, “Small family ...Happy Family”.

**Mrs Sudeshna Kamat
Bangaluru**

COURAGE – THY NAME IS WOMAN

WE THE WIVES OF SOLDIERS IN THE *INDIAN NAVY*
TOO ARE SOLDIERS WITHOUT A UNIFORM, OR A *SALARY*
TIMES OF TEST ARE WHAT WE ALWAYS *BRAVE*
STAND SHOULDER TO SHOULDER TO DEFEAT THE *GRAVE*
HAND IN HAND, WE SUPPORT OUR *HUSBAND*
MIGHTY SHIPS AND NO SAND, THEY MEET THE NATION'S *DEMAND*
LOVE AND PEACE AT HOME, IS WHAT WE *OWN*
THIS MAKES OUR MEN PERFECTLY FIT IN A BALANCED *TONE*
TIMES OF TOGETHERNESS MIGHT BE *SHORT*
REASON BEING, THEY NEED TO MOVE TO A *NEW PORT*
HAPPILY, WE BID THEM GOOD BYE INTO THE *SEAS*
AND SACRIFICE OUR EMOTIONS, FOR NATION'S *PEACE*
HAVING A HEART FILLED WITH HOPE, TO SEE THEM *SOON*
WE WAIT FOR DAYS AND MONTHS, TO SEE OUR *MOON*
AT SOME POINT OF TIME, OUR EFFORTS MAY NOT BE *ACKNOWLEDGED*
NEVERTHELESS, WE DO NOT LOSE OUR *COURAGE*
IN A GROUP, WE ARE TOGETHER CALLED “*NWWA*”
PROUDLY SAY, WE TOO CONTRIBUTE TO INDIA'S “*SEVA*”
JAI HIND!

B. S. Biswakalyani
Bengaluru



Visit To Central Silk Board Bengaluru

Being a student of fashion designing, last month I visited the Central Silk Board situated at Madivala, Bangalore. I was super excited and I did not want to miss it as Bangalore is well known for silk production and also known as Silk City. Bangalore Silk is known for its simplicity, purity, and texture. I met Mrs. Vijaylakshmi Iyer, who has been working as the Production Manager for the last 22 years and she took me through all the process step by step.



She told me that silkworms are not really worms they are really domesticated insects just like a moth. The first thing they need to do is gathering the silk worms. She told me that that the silkworm survives only for two or three days and the most unique thing is that at the same time, after every sexual contact, female silkworm insulates 300-400 eggs on the leaves of the mulberry tree. In a span of 10 days each egg produces a small female insect called larva also known as Caterpillar. Then in approximately 30 to 40 days, growth takes place, larva becomes long, sloppy and magnified.

She showed me how they put the worms in a container were they can grow. Boiling the cocoon makes it easy to take the material for the silk. After boiling, a long thread filled with strength and yet delicate such as a spider web, comes out from the cocoon. It was amazing to watch. I was surprised when I was told that, after all the thread is taken out, the people of the town eat the inside of the cocoon.

The thread is then dyed. They showed me how they do dyeing with fruits and some other natural ingredients. The fruits are mashed and once they are mashed they take the thread and put it into the bowl with the mashed fruit and then they have coloured string which is then spun. Workers who spin it usually hand crank a wheel. Doing the spinning helps in putting the thread onto bodies (a log with thread wrapped around it).



After this, it is put into a little ball of thread and is ready to be woven. Once the thread is ready to be woven it is put onto a board with steps to loop the string into. This is to help wrap the string. This is weaving. Once it is wrapped (woven) together it is ready to get braided. The craftsman in the town gives the final touches and it is off to get braided.

Then she showed me how binding is done. When binding together, workers take other strings (much stronger) and take large pre-grouped/dyed thread and bind them all together and thus silk is ready. This is how the process from silkworm to a woven fabric goes through.

All I can say is wow!!! It was a wonderful experience and I am thankful to Mrs Vijaylakshmi Iyer for giving me such an opportunity.

BENGALURU KARAGA

Bengaluru is a land of cultural diversity. In this city people celebrate different festivals throughout the year with great enthusiasm. Among them is the famous 'Bengaluru Karaga' which is one of the oldest festivals celebrated here. This is the festival of Draupadi, the wife of Pandavas.

The word 'Karaga' refers to two terms. 'Kara' meaning 'hand' & 'ga' meaning 'which is held'.

Bengaluru Karaga is celebrated every year during the first full moon of the first month of the Hindu calendar for 11 days and main festival i.e Karaga procession is held on the 9th day. According to mythology, in the last part of Mahabharata when the Pandavas were shown a glimpse of hell, the last asura (demon) called Tripurasura was still alive. At that time, Draupadi, the Pandava's wife took the form of shaktidevi. She created a huge army of soldiers called the 'Veerakumaris'. After defeating the Asura, the soldiers asked Shakti Devi to stay back with them. Though she had to go back, she promised them that she would come to stay with them every year during the first full moon of the first month of Hindu calendar.

The main priest is chosen six months prior to the festival and belongs to the Thigala community. The chosen priest should have good physical strength as he is required to dance entire night whilst carrying the Karaga. Therefore, he is put on a strict diet and exercise routine in the traditional manner and is not allowed to visit his family during this period. He is also required to wear the mangal sutra (sacred thread) of his wife during the period and not see her till the event is over. The ritual signifies that the priest will take a feminine form. The Karaga carrier dresses himself as a female and is symbolic of Draupadi. It is believed that Draupadi comes down from heaven to earth & stays for three days with the community.

Karaga commences with the flag – hoisting ceremony on the night of saptami, the seventh day of the bright 'half of chaitra' the first month of the Hindu calendar in the Dharmaraya Swamy temple. Thereafter, several ceremonies such as removal of main pot from sampangi water tank (known as hasi karaga), lighting of lamps, chanting of mantras pongalu seve, vasanthosava etc are held secretly prior to main karaga.

The Dharmaraya temple in Nagarthpete is the starting point of the procession, during which the priest, dressed as a woman in sari and wearing all jewellery etc carries the karaga and dances in the procession. The Karaga is a tall floral cone (pot) which is carried on the head by the main priest. The pot should not be dropped by the priest during the procession. It is a three feet tall pot symbolising Draupadi. Four men (veera kumaris) holding swords follow the priest through the procession chanting Govinda .. Govinda .. Di ... Di... They do this chant to remember the day when Adi Shakti destroyed the demon.

The procession passes through the streets of old Bangalore and the Karaga visits various temples in this area. An interesting fact is that the Karaga visits Mastan saab Dargah first and then moves throughout the old city. Several poojas are performed enroute in various temples which the Karaga visits. The procession concludes at Sri Darmaraya temple, which is believed to be 800 years old and the center for four towers of Bangalore during its founder Sri Kempegowda's time, after doing rounds of Thigalarapete, Balepete, Chikkapete. To witness this grand event many people across state come to Bangalore irrespective of caste or religion. A similar festival is celebrated at Hospet, Anekal , Kolar , Kanakpura , Hosakote and Jakkasandra.

Glimpses of Special Events



14th Nov 17 - Coffee Evening 'Back to School'



27th Nov 17 - NWWA Shop at Navy Mela



8th Jan 18 - Coffee Evening 'Bollywood Masti'



17th Jan 18 - Special NWWA Milan with Mrs. Preeti Luthra President NWWA (WR)



Welfare Committee Members, Karwar

BENGALURU



7th Dec 17 - Special Milan with Mrs. Asha Kumar President NWWA (Karnataka)



13th Feb 18 - Celebrating NWWA Diwas



Creative Art : 8867161331

Photographs courtesy : Ladies & Officers of Karwar