



# VARUNI

October 2017



*Mother... God's Best Creation!*

*Navy Wives Welfare Association  
(Karnataka)*



**NWWA Committee Members**



**Welfare Committee Members**

**NWWA Karnataka Welcomes**  
Mrs. Neetu Sharma, Mrs. Archana Gupta, Mrs. R. Smitha, Mrs. Meena Tiwari  
Mrs. Shashi Bala & Mrs. Jasveen Singh

**Bids farewell to**  
Mrs. Bhargavi Ajit, Mrs. Sheryl D'souza &  
Mrs. Shahana Sen Mahalingam



## **FROM THE EDITOR'S DESK.....**

*"One good mother is worth a hundred school masters" George Herbert*

The relationship between a mother and child has no real parallel in human behavior and bonding. It is the most selfless dedication of one's love, time and energy towards the sole purpose of the child's growth. No words can describe this relationship; perhaps it is the first touch of Godliness in a baby's life. It has all the quotients of love, affection, dedication and sacrifice from the mother's side and total surrender from the child's side.



This complete dependability on the mother in early childhood has lifelong influence on a person in terms of temperament, aptitude, moral courage and character. Therefore, it can be said with certain amount of confidence that mothers shape a society. Such overarching influence on children and on the society lays great responsibility on young mothers, especially in modern nuclear families where guidance and support of grandparents and joint family may not always be forthcoming.

At NWWA (Karwar) we endeavour to highlight and focus on contemporary social issues to enrich our lives. The last edition celebrated 'womanhood', and this edition takes womanhood a notch higher, to that of 'motherhood'. The Sanchar team is delighted to present this latest edition of newsletter, dedicated to 'motherhood'. Hope you all will enjoy reading it.

Wishing all the readers a very happy and healthy year ahead.

Best Wishes

**Renu Singh**

Happy reading....

### **The Sanchar Team**



Nandini Chhikara



Rinti Sengupta

Team Sanchar would love to hear from you.  
Do write to us at [karwarsanchar@gmail.com](mailto:karwarsanchar@gmail.com)



## नावा का नया 'लोगो' (प्रतीक चिह्न)

'नावा लोगो' नौसेना महिला सदस्यों की नौसेना समाज की निःस्वार्थ सेवा के माध्यम से उनके 'आपसी सदभाव' एवं एकता की शक्ति को वर्णित करता है। आधुनिक समाज के परिवर्तनशील स्वरूप के चलते यह ज़रूरी हो गया है कि संगठन की योजनाओं के लाभ इस विशाल नौसेना परिवार के सभी सदस्यों तक पहुंचाए जा सकें जिससे उनमें घनिष्ट पारस्परिक संबंध कायम हो सकें। इस 'लोगो' में प्रत्येक क्षेत्र का प्रतिनिधित्व करतीं चार प्रतीकात्मक महिलाएं महासागर से बाहर निकलती हुई प्रतीत होती हैं जिन्होंने एक-दूसरे का हाथ इस तरह से थाम रखा है। कि वे समस्त प्रतिकूलताओं के विरुद्ध अत्यंत शक्तिशाली और विजयी नज़र आ रही हैं। 'लोगो' में दिखाई गई तरंगें नौसेना में कार्यरत उनके पति की समुद्री-सेवा और उससे जुड़ी चुनौतियां को दर्शाती हैं। 'लंगर' उस स्थिरता का घोटक है जो एक नौसेनिक पत्नी अपने पति को प्रदान करती है और उसे हर समय ज़मीन से जोड़े रखती है। 'लंगर' में बना अंग्रेज़ी का अक्षर 'W' 'विमेन' (स्त्री) का परिचायक है साथ ही यह महिला के उन गुणों का भी घोटक है जो नौसेना में सेवारत उसके पति की सफलता रूपी उड़ान को परवान देते हैं। 'रीचिंग आउट'....अर्थात् 'सब तक पहुंच बनाना' आज समाज में सभी के लिए बहुत आवश्यक है। प्रत्येक व्यक्ति तक पहुंचने की भावना को मज़बूत कर अपने पड़ोस, अपने समुदाय अपनी नौसेना और अंततः अपने देश में इस भावना का प्रसार करने की आवश्यकता है। इस 'लोगो' में लाल, नारंगी, नीला और सफ़ेद इन चार रंगों का समावेश किया गया है जो शक्ति, दिलेरी, साहस, भरोसे और शांति के गुणों के प्रतीक हैं।

## KNOW YOUR CHILD...

Modern advances in the field of psychology and education have empowered educationist and parents to identify children with learning disabilities. It is very important to notice and observe such traits in early childhood, so that effective corrective measures are taken in good time. This article aims to highlight few identifiable behavioural pattern and traits that need to be observed by parents and teachers at an early stage. Learning disability is one of the common problems such children face in a regular schooling environment. Intelligence level of such children is high as compared to the children of their age but they have problems in certain areas, which are as follows:-

- Oral expression
- Listening comprehension
- Written expression
- Basic reading skills
- Mathematical calculations and reasoning

### Symptoms of learning difficulties.

These children show the following symptoms :-

- Difficulty in telling the time, order of days etc.
- Difficulty in recalling or repeating instructions correctly.
- Get easily distracted by slight disturbance.
- Confusion between left and right.
- Cannot sit in a particular place even for a short period.
- Late submission of class work.
- Dull and slow in responding to others.
- Difficulty in academic subjects (one or more subjects).



**\* These children compromise emotional health leading to low self-esteem and emotional behaviour issues. If you see certain symptoms in a child, take a professional help such as Clinical Psychologist, a Special Educator and Counsellors**

**For parents:**A common fear that parents have when they teach their child with learning disability is they believe that they are ill prepared or unqualified to teach them but my humble opinion is that parents are the best judges and teachers for their children.

### Tips for parents:

- Use step by step instruction, give explanation.
- Teach reading at their level of ability, not at their grade level.
- Don't make your child read out loud if he/she is not comfortable.
- Create a calm, quiet, orderly learning environment.
- Help them understand, that they are smart but learn differently.
- Use multi sensory teaching methods when possible for Eg: Audio visuals etc.
- Give short breaks when you feel the child is bored and give them time to respond.
- Discover their natural talent, interests and hobbies.

Parents are therefore encouraged to learn and join the children in the process of their growing up. Be compassionate and adopt techniques that make them comfortable and also suits their temperament. **EDUCATE YOURSELF AND EDUCATE THE CHILD**

## **BRIDGING THE DIGITAL DIVIDE.....**

These days it is just impossible to stop children from growing up without the influence of high tech gadgets, online content, and the Internet in general. The knowledge world is now just a click away to an impressionable mind. However, as in the case of the real world, this 'e-world' is also full of pedophiles and psychopaths who are out to take advantage. Hundred and thirty adolescents committing suicide as part of blue whale game challenge designed by a Russian sitting in a remote part of the world; indicates the risk our children are facing today. They are not safe even inside the four walls of our house. The basic physical safety, mental health and psychological well being of children is at great peril. It is therefore very important that we parents instead of shying away or completely shutting out technology from our children's life, take a giant leap from our comfort zone and join the 'e -world' of our modern children. We have to be their friend , philosopher and guide in this 'e- world'. Make a gentle entry, so that the child welcomes you and not abhors your intrusion! The following mobile applications will help parents monitor, guide and support their children's journey through the labyrinth of the big bad 'e-world'.

### **1. Kids Place - Parental Control**

Kids Place is a comprehensive parental control app. Some of its handy attributes include a customized home screen showcasing approved apps only, the ability to prevent your child from downloading or buying new apps as well as a time feature to specify a schedule for using the smartphone. On top of that, it's also capable of blocking incoming calls and disabling all wireless signals.

### **2. Abeona - Parental Control & Device Monitor**

The Abeona app actually comes with a complementary app called Device Monitor. Abeona - Parental Control allows parents to monitor the child's usage of the mobile apps, view call logs and check whether the device of their child is online or offline among other things.

### **3. SecureTeen Parental Control**

Worried about your teen being exposed to mature or adult content online? Try SecureTeen Parental Control, which can filter out most if not all adult content. SecureTeen allows you to monitor your children's online activities, applications they download and their location

### **4. Screen Time Parental Control**

As the name indicates, Screen Time is a helpful app which lets you manage how much 'screen time' your kids get. The key features of Screen Time includes blocking different apps according to the time.

### **5. Parental Control Board**

The Parental Control Board app helps monitor, manage and track a child's activities on a mobile phone. Get the precise location of your child at any time and control and see all call logs and SMS that goes through their phone.

In today's activity-packed society and constantly changing environment, it's more important than ever to intentionally connect with our kids. We have no other option but to become tech savvy to control and monitor our children's online activity. There is enormous challenge ahead, 'Bridge this digital divide' and be the best friend to your child that you always were.

## PARENTING IN KARWAR



Parenting is a topic where discussions can go on forever. It is an experience and a never ending learning process where we need to keep our sanity intact. Just like we all have unique finger prints, God has made every child unique, special and hence each child has different needs and temperament. Once we accept that, parenting becomes much easier. While bringing up my two boys, aged 6 and 13, I have understood that along with them I am also constantly growing, learning and becoming a better person. I also realized that parenting becomes easier when we see our kids as mirrors. We lose our temper, yell or break rules; the mirror sees it all and copies it too. A patient, loving yet consistent, self disciplined parent always wins hands down.

Moving from a metropolitan city to Karwar was a major transition for us. Basic amenities here are at far off distances. There are no malls or eating joints like McDonalds etc. to take kids out on weekends. The biggest disappointment for my elder one was the non availability of book cafes like crossword, etc. After six months, I was at my wits end about what should be done to get my kids enjoy this place. One thing that really helped me was the Karwar ladies group on whatsapp. In this group, ladies who have spent quite some time help us with important information and contact numbers. Also, I was acquainted with ladies who had gone all out and explored this place with their children. I now make it a point to see new places with my family at least once in 15 days. My children are now exposed to ruins, historical forts and ancient temples instead of malls. Karwar base also boasts of one of the finest libraries which have ended all the cribs about not having a book café around. After spending over 4 years here, I find my children more focused and have become better individuals. They have become social, they love and respect nature, don't complain about getting bored as they used to do earlier and spend less time on gadgets. Lately, my elder son has come up to me and said that Karwar is the best place his father has ever been posted to!

A few Positive Parenting ideas that I would be happy to share are:-

- Let your child discover his or her own interests. Pay attention on the activities they choose as it can say a lot about where their gifts lie. Don't assume that they aren't gifted in an area because they haven't shown an interest.
- Help your child open up to the wonders of the world by asking intriguing questions: Why is the sky blue? Find the answers together.
- Have a regular family time for reading, listening to music or just talking.
- Give your child some unstructured time to simply daydream and wonder.
- Don't bribe your child with rewards. Using incentives to get children to perform sends a message that learning is not rewarding in its own right.
- Teach your child to trust his/ her intuition and believe in their capabilities.
- Give your child choices. It builds willpower and fuels initiative.
- Set aside an area of the house for displaying creations and awards.
- Monitor and optimise your child's television, video game, and Internet use.

*Mrs. Rinti Sengupta.*

## LIFE SKILLS –THE ESSENTIAL SURVIVAL KIT FOR LIFE



Life skills have been described as “a skill that is necessary or desirable for full participation in everyday life”. As Parents, it is our responsibility to equip our children with these skills, so that they are able to lead a meaningful and happy life. Skills such as Responsibility, Decision making, Problem solving, Self awareness, Lateral and creative thinking, Effective communication etc are the tools with which our children can deal effectively with the challenges in every aspect of their life.

Keeping this in mind, a workshop was organized by Jagriti in Naval Children School, Karwar. The workshop aimed at engaging students through tried and tested interactive activities in a systematic learning experience, to gain knowledge, master essential skills, acquire the right attitude and thereby reach their full potential.

Students got to know their strength and weaknesses and learnt to communicate effectively. It also focused on the importance of holding on to “Values” such as Honesty, Compassion, Justice, Tolerance, and Kindness. The workshop helped students to meditate and relax for internal composure. It also helped students to strengthen inner self by developing faith and confidence.

The aim of the workshop was to help students realise the importance of these skills and the way they can be used to accomplish their ambitions and improve their quality of life. It is these life skills which help us have a better understanding of the world around us and help us to live a more productive and fulfilling life, finding ways to cope with the challenges that life, inevitably, throws at us.



Mrs. Priyanka Jha

# KALEIDOSCOPE OF NWWA ACTIVITIES...

## Aarogya - Healing Touch



Coordinator Mrs. Shashi Bala

## Aashirwad - Visit to Veer Ganapati Temple



Coordinator Mrs. R. Smitha

## Pragati - Unearthing Talents



Coordinator Mrs. Neetu Sharma  
Mrs. Gowri Mukhetkar

## Prakriti - Using Waste Material for Gift wrapping



Coordinator Mrs. Saudamini Yaduvanshi

## Kalakendra - Dance into fitness



Coordinator Mrs. Jasveen Singh

## Samudri- Our retail outlet



Coordinator Mrs. Jasveen Singh

# KALEIDOSCOPE OF NWWA ACTIVITIES...

## Udyogika-Empowering Women



Coordinator Mrs. Kumud Banerjee  
Mrs Meena Tiwari

## Jagruti-Fostering Life Skills



Coordinator Mrs. Priyanka Jha

## Saundarya - Bringing out the beauty



Coordinator Mrs. Richa Lakhanpal

## CHARITY BEGINS AT HOME



**Sparsh** Sponsored Medical Expenses of one of It's Employees  
and Funded Beautician's Course For a Naval Personnel's Wife

## BEING WITH NATURE...

Many studies and research have suggested that children need nature and outdoor activities to improve their learning abilities and attentiveness, reducing stress and anxiety or at times need to appreciate wonders of the natural environment.

Prakriti organised nature walk for students of classes sixth, seventh and eighth of NCS and KV Karwar. A morning walk from Manzil Creek to Community hall was conducted and more than 40 students took part in the activity. During the walk, children regularly asked questions about flora and fauna and various types of trees and plants. They were quite curious and vigilant. All of them enjoyed the sounds of chirping birds and the cool breeze. Later a drawing competition was conducted based on the nature walk. Children drew beautiful pictures ranging from beaches, Creeks to Forests. The activity was concluded by giving away prizes for the best drawings followed by breakfast, which was served to all the children in their tiffin boxes to avoid unnecessary accumulation of garbage and inculcate the habit of conserving resources.

To reinforce the concept of Reduce, Recycle and Reuse, a competition for students of classes sixth, seventh and eighth was also conducted at NCS Karwar in which, they had to create gift wrapping papers, gift boxes, envelopes etc using only waste material from their homes.

Students were very innovative and they created these items using waste papers, empty cartons and various other objects from their homes. In this manner, children not only learnt how to reuse and recycle old things but also the conservation of nature. Each and every one of us can contribute towards conservation of nature in our own little way and become a part of the solution at large.

Mrs. Saudamini Yaduvanshi

## A WILD VISITOR



A Crocodile was found near Kamat Beach on 23rd Oct 2017 at our Naval Base & was handed over to forest officials for relocation



See You later... Alligator!

# IMPORTANCE OF ENVIRONMENTAL CONSCIOUSNESS IN OUR CHILDREN

In recent times, as we take rapid strides in economic growth and development, environmental protection and preservation has become growing concerns. It is our duty to preserve and protect our environment for the future generations and therefore it is important to cultivate environmental consciousness, in our children from a very young age.

Keeping this in mind, the Storymatic Club of Kala Kendra has made a small endeavour to promote environmental consciousness amongst its tiny members! They all decided to get together to make a trash bin for garbage disposal by recycling old and discarded waste material. A cardboard box was used as a dustbin for disposal of dry waste.

All the children did printing on paper using vegetables, tissue paper and their their fingers which was then cut into shapes of petals and leaves .The children made flowers and plants out of these and stuck their individual gardens on the Cardboard box.

This was done along with a story which told a tale of how a little Giraffe named Gracy got together with other animal friends and restored a neglected and littered park, back to its green and clean pristine glory. The children were introduced to the concept of environmental preservation and protection through this story. The enthusiasm with which all the children participated in this activity was incredible!

As we move towards the future it is imperative that we instill in our children the importance of preserving and protecting the environment. Environmental awareness should be encouraged in them at an early age. .After all this budding 'Generation Next', holds the future of planet Earth in their tiny hands!

**Mrs. Nandini Chhikara**



## WHAT MAKES ME HAPPY!

I am most happy when I wear the beautiful frock bought by my papa and when mumma makes Egg Curry because its very tasty.



**YASHVI GUPTA**  
4 years

But what makes me happy the most is MY LIFE because so many people love me and I have a loving and caring family. We travel to different places, eat tasty food, play, and laugh.



**CHINMAY GUPTA**  
7 years

Going to the swimming pool with my family makes me happy



**ARJUN DHANANJAYAN**  
6 years

Eating strawberry ice cream makes me happy



**AKSHARA CARIAPPA**  
5 years

Animals make me happy for example a giraffe

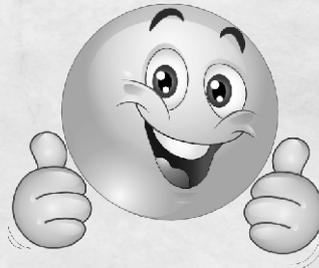


**EASHAAN**  
5 years

Watching the circus makes me happy. Gifting a flower daily to mom ,waiting for a surprise, teasing my elder sister on the bus to say goodbye and helping mummy makes me happy.



**AZLAN NEYAZ**  
5 Years



When I go to the Beach with my Parents



**DEVANSHI**  
4 years

Playing on the beach and looking at the sea makes me happy.



**MYRA**  
5 years

Playing with my friends in the park makes me happy.



**ADITI DHANANJAYAN**  
5 years

Cycling makes me happy.



**SANCHIT**  
5 years

## IF I WERE AN INVENTOR

I would make an invention known as dream amplifier. That means it gives us happy dreams and makes our next day beautiful. It will be like a band and will be easy to wear on your head. It will be connected to your brain and will send good dreams. It will allow or motivate us to be active and happy and elder ones to achieve their dreams.



**AZEEN  
NEYAZ**  
10 years

If I were an inventor, I would invent a super cool robot!

It would be like a human but will learn almost everything in one day. It will play, study and help in every way it can.

If, sometimes, my friends don't come to play, I will play with the robot.

Next time I am struggling with Hindi, I will ask my doubts to my robot and not disturb my mother.

And next time my mother is not feeling well my robot will do most of the work for her like cooking, cleaning, etc.



**JONATHAN  
MATHEW**  
10 years

Well, if I can, I wish to invent a giant satellite that would trap solar energy. This energy would be stored and converted and be used instead of hydroelectricity. This might help reducing the pollution, deforestation and also lots of our country's money too, which is used for making power plants and dams.

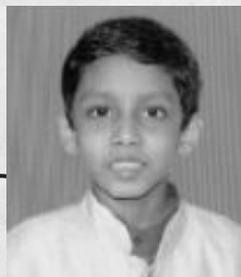
Looking at the chaos in the world today, I also wish to make a peace gadget that would induce love, peace and friendliness in the people of the world. Then there would be no wars and no thousands of people losing their families and dear ones.

Oh! But my mother says peace and love comes from within and cannot be induced. Well, I would say, we just yet don't know the technique that must be waiting to get invented. Who knows I would one day!



**DEVARSH  
GUPTA**  
11 years

I often wonder playing in the park , listening to birds what they are discussing...Is it about us????...or... themselves???? Whether they are happy or sad.... So, if I were an inventor, I would invent a machine which can understand the language of animals and birds because they can't communicate the way humans do. ..Animals/ birds do not possess the ability to speak words; they can only growl, meow, chirp, screech..If they have any problems, we can't understand them. My machine could help understand or resolve their behavioral or health issues too.



**AARUSH  
GUPTA**  
10 years

## परवरिश

‘अगर मैं कुछ भूल रहा हू तो मुझे बताओ, और सिखाओ मैं याद रख सकता हू, और मुझे शामिल करोगे तो मैं सीख लूँगा।’

बेनजामीन फ्रेंकलिन

इस नए जमाने में परवरिश सिर्फ बच्चे की नहीं होती ये वो काम है जिसे बच्चे के साथ-साथ हम भी हर दिन बढ़ाते हैं, कुछ सिखते हैं।

हर माता पिता को ये जरूर याद रखना चाहिए कि जिस अंदाज में आप बच्चे से बात करते हैं वही उसकी अंतर आत्मा की आवाज बनती है। इस बदलते युग के साथ जिसमें जिंदगियाँ, प्रतिदिन अपनी रफ्तार बढ़ाती जा रही हैं ऐसे में अगर आप कुछ दे सकते हैं अपने बच्चों को तो वो हैं उसे अपने समाज और परिवार से जोड़ने वाले संस्कार और ऑस बड़ी सी दुनिया में उड़ाने के लिए पंख।

ये जरूर है कि अक्सर जवान बच्चे अपनी बातें तभी सुनते हैं जब आपके पास उनके लिए कोई अच्छा प्रस्ताव हो। लेकिन अगर बेटे डेविस कि कही बात याद करे तो आप समझेगे अनुशासन बच्चों की देखभाल की निशान है।

बस उसे मार्गदर्शन चाहिए। अगर वहाँ प्यार है कुछ भी ऐसा नहीं है जो आप उन्हें नहीं सिखा सकते। ऐसा कहते हैं आप अच्छे माता – पिता नहीं हैं अगर आपके बच्चे आपसे हल्की नफरत नहीं की हो। इसीलिए ध्यान रहे कही उनके प्यार में और उन्हें खुश रख सकने के लिए उनकी नाजायज मांग न पूरी करे। जरूरी नहीं कि हम हमेशा बच्चे को याद रखने के लिए जबाब दे, कई बार अगर आप उन्हें सुलझाने के लिए, समस्या देंगे तो वो ज्यादा सीख पाएंगे। परवरिश कि परिभाषा चाहे ही समय के साथ बदल जाए लेकिन कल, आज और आने वाले कल में जो नहीं बदलेगा वो है- परवरिश वो मिट्टी है जिसमें बचपन का पौधा साँसे लेता है। सही मात्रा में प्यार और फटकार ही आगे बच्चे को सफल बनाते हैं। अंत में कुछ पंक्तियाँ –

अगर एक बच्चा प्रोत्साहन के साथ बड़ा होता है तो वो दूसरों को प्रोत्साहित करता है। अगर बच्चा सही के साथ बड़ा हो तो वो इंसान सिखता है। अगर वो छत्रछाया में बड़ा हो, वो बिश्वास सिखाता है और अगर वो दोस्ती और प्यार के साथ बड़ा हो तो वो दुनिया को प्यार के नजरिए से देखता है।

प्रीती प्रभा

Mrs. Preeti Prabha

## SUPER HEALTHY AND DELICIOUS TIFFIN RECIPES FOR KIDS.

Hummus veggie rolls (this is basically for kids who don't eat legumes and are very fussy about veggies)

**Ingredients :-** Safed chana/kabuli chana/chick pea or rajma/kidney beans (whatever is available), Garlic, Olive oil, Sesame seeds(tahini paste), Salt.

**Method:-** To make tahini paste soak sesame seed in warm water for few hours and then make a fine paste with very little water.

**Hummus :-** soak White chana or rajma overnight, pressure cook and give 5-6 whistles till completely soft . In a mixer, add boiled chana/rajma and little garlic, tablespoon of tahini paste, salt to taste and olive oil.. And make a fine paste. Hummus is ready to serve.

**Note:** Avoid adding water since water will spoil the taste of Hummus.

**Tip:** to make Hummus more healthy, add one tablespoon spinach purée (boil spinach with little water and make purée) or beetroot purée (boil beetroot with little water and make fine purée) It will give colour and make it more nutritious. Filling for chapati : finely shredded cabbage, Julienne of onion, capsicum, carrot add some vinegar.

**Method for Hummus rolls:** make a big chapati little bigger than a normal size , spread Hummus nicely on it, take the veggies keep it in centre and add a dash of olive oil and roll it , cut it into half from centre and give your kid, the most delicious and healthy tiffin full of proteins and other important vitamins and minerals.

## संस्कृत हमारी दैवीय भाषा

संस्कृत भाषा हमारी वैदिक भाषा है | संसार मे जीतने भी पौराणिक ग्रंथ लिखे गए है, उनकी भाषा संस्कृत ही है। यह देवभाषा भी कही जाती है। नासा की भी माने तो संस्कृत धरती पर बोली जाने वाली सबसे स्पष्ट भाषा है | संस्कृत मे दुनिया की किसी भी भाषा से ज्यादा शब्द है | वर्तमान मे संस्कृत के शब्दकोश मे 102 अरब 78 करोड़ ५० लाख शब्द है | संस्कृत भाषा मे एक ही वस्तु, जान पर, व्यक्ति के लिए 100 से ज्यादा शब्द है। किसी अन्य भाषा के मुकाबले संस्कृत मे सबसे कम शब्दो मे वाक्य पूरा हो सकता है | अमेरिकन हिन्दू यूनिवर्सिटी के अनुसार संस्कृत मे बात करने से मानव शरीर का तंत्रिका तंत्र सदा सक्रिय रहता है | जिससे कि व्यक्ति का शरीर सकारात्मक सक्रिय हो जाता है। जर्मनी मे बड़ी संख्या मे संस्कृत भाषियों की मांग है क्योकि यहाँ कि यूनिवर्सिटी मे संस्कृत भाषा पढ़ाई जाती है।

नासा के कथनानुसार जब वह अन्तरिक्ष से डॉवलर्स मैसेज भेजते थे तो उनके वाक्य उलट जाते थे आखिर मे उन्होने संस्कृत मे मैसेज भेजना आरंभ किया क्यो कि संस्कृत मे वाक्य उल्टे हो जाने पर भी उनका अर्थ नही बदलता – जैसे अहम विधालयम ग्छामि | विधालम ग्छामि अहम | ग्छामि अहम विधालयम तीनों का अर्थ एक ही है। इस लिए संस्कृत सबसे सरलतम भाषा है | अतः संस्कृत भाषा को भी अपनी दैनिक भाषा मे प्रयोग कर हम अपनी याद करने कि क्षमता बढ़ा सकते है।

सीमा अवस्थी

## SUPER HEALTHY AND DELICIOUS TIFFIN RECIPES FOR KIDS.

### CHANNA CROUSTADES

2 hot dog buns

Filling

3/4 cup channas - soak for 6-8 hours or overnight and boil

1 tbsp oil,

2 small spring onions - chopped including the greens

10 - 12 curry leaves, 1 green chilli - chopped

1 tomato - deseeded & chopped,

1 tsp Soya Sauce 1/2 tsp salt

1/2 tsp pepper

Topping - some mayonnaise or mustard, a few grapes or cherries

Method:

1. Cut 1 hot dog bun into half lengthwise. Scoop out the soft center portion of the lower halves with a knife, leaving a border.
2. Brush butter on the cut surface of all the 4 pieces.
3. Grill all the 4 pieces.
4. For the filling, heat a tbsp oil in a pan, add white of spring onions & green chillies
5. Cook for 2 mins, stirring. Add boiled channas, soya sauce, curry leaves, salt & pepper.
6. Mix well, mashing the channas for about 3-4 mins. Add tomatoes, mix.
7. Add greens of spring onion. Mix. Remove from fire.
8. Spoon this hot mixture into grilled hollowed bread croustades

Mrs. Monika Singh

### RICE MOONG DAL IDLI

Ingredients

1/2 cup rice

1/2 cup green moong dal

1/2 cup grated carrot

Salt to taste

1 tsp Eno (fruit salt)

1/4 tsp fenugreek (methi) seeds  
(optional)

1. Soak the rice, green moong dal and fenugreek seeds in enough water for 5 to 6 hours.
2. Drain and blend in a mixer to a smooth paste using little water
3. Transfer the mixture into a bowl, add the carrots and salt and mix well.
4. Just before steaming, add the Eno (fruit salt) to the batter and pour 2 tsp of water over it.
5. When the bubbles form, mix gently.
6. Put a little batter into each greased idli mould and steam in an idli steamer for 10 minutes or till the idlis are cooked.
7. Cool slightly, demould.
8. Serve with green chutney/ tomato sauce in tiffin.

Cdr. Prabha Lal

15

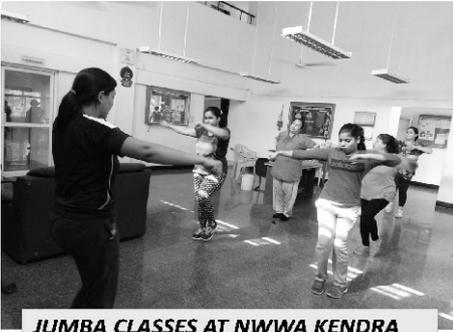
## NEW INITIATIVES



BAKING CLASSES AT NWWA KENDRA



SPOKEN ENGLISH CLASSES AT NWWA KENDRA



JUMBA CLASSES AT NWWA KENDRA



UDYOGIKA COUNTER AT SAMUDRI

**ZUMBA**  
fitness

23 HOURS A DAY YOU RUN THE WORLD. BUT FOR ONE FULL HOUR... YOU'RE FREE.

Morning class  
Mon-wed-fri  
9:30-10:30am

Evening class  
mon-wed  
5-6pm

ONE THEME CLASS EVERY MONTH

10 Reasons to **ZUMBA**

1. Burn 600-1000 calories in an hour
2. A great "me" time for moms
3. Fit fun into a busy schedule
4. Increase self esteem
5. Reduce stress and clear your mind
6. Burn fat and maintain a healthy weight
7. Build endurance and coordination
8. Strengthen your heart and lungs
9. Tone muscles
10. Explore your creative side through dance

## JUMBA CLASSES AT KALA KENDRA

## HOBBY CLASSES

### KALAKENDRA

WESTERN DANCE  
CASIO  
PENCIL SKETCHING  
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  
TIE & DYE  
SOFT TOY DESIGNING  
JEWELLERY MAKING  
MEHENDI  
TAILORING DIPLOMA  
BAKING CLASSES  
SPOKEN ENGLISH

Tuition for all classes are also conducted in NWWA Kendra  
Contact : 5039 / 5037

# Glimpses of Special Events



**4th May 17 - Visit to NKG by Mrs. Asha Kumar  
President NWWA (Karnataka)**



**4th May 17 - Mrs. Asha Kumar President NWWA (Karnataka)  
Interacting with Children of NCS**



**23rd June 17 - Special Milan with Mrs. Priya Pandit  
Organised by Ladies of Western Fleet**



**6th July 17 - Special Milan with Mrs. Reena Lanba  
NWWA President**



**31st July 17 - NWWA (Karnataka)  
Annual General Body meet**



**18th Aug. 17 - Sahaja Yoga Organised by NWWA For  
Ladies of Kadamba Vanam**



**5th Sept 17 - Teachers' Day Celebration**



**22nd Sep 17 - NWWA Milan Organised by  
Ladies of Headquarters (KNA)**



**7th Oct 17 - Workshop on 'Experiential Learning  
Methodologies' for Teachers**



**25th Oct 17 - Workshop on 'Healthy Parenting'  
for Parents**



Cover & Back Page Design :  
Mrs. Rinti Sengupta

Creative Art : 8867161331

05-05-2017