



VARUNI

Newsletter
Jan 2020

BAN SINGLE USE PLASTIC

USE CLOTH BAGS



**Navy Wives Welfare Association
INS Dronacharya (SR)**

COMMITTEE MEMBERS, NWWA DRONACHARYA



TEAM DRONA



Acknowledgements

- Hindi Translations : Ms Jayanti Gopinath
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- Back Cover : Mrs Monika Kundu

MESSAGE FROM PRESIDENT NWWA (SR)



Mrs Sapana Chawla
President NWWA (SR)

“All who have accomplished great things have had a great aim, have fixed their gaze on a goal which was high, one which sometimes seemed impossible.”

– Orison Swett Marden

Ralph Waldo Emerson once said, “Do not follow where the path may lead. Go instead where there is no path and leave a trail.” NWWA (Southern Region), which incorporates a wide swathe across the country with Dronacharya, Venduruthy and Indian Naval Academy in Kerala, Agrani in Tamil Nadu, Valsura in Gujarat, Hamla & Shivaji in Maharashtra, Mandovi in Goa and Chilka in Orissa, has indeed blazed the trail accomplishing all the goals we had set for ourselves. It has been a great honour and privilege to serve as President (NWWA) Southern Region. My compliments to all my committed ladies who are doing admirable work towards building and maintaining the spirit of this wonderful organisation.

In keeping with the vision of NWWA to empower women and provide them a platform for growth, NWWA (SR) has conceived an important project and brought it to fruition. We have collaborated with the prestigious Indian Institute of Management, Kozhikode for a three month certificate course on social entrepreneurship. This pilot project, exclusive to naval wives, will commence shortly in Kochi.

Another major achievement has been the creation of a brand new facility called 'Backwaters-Katari Bagh Samudayak Kendra'. 'Backwaters', as the name suggests, is fronted by serene backwaters of the channel and includes 'Bayside Treats', a trendy health cafe, 'Panache', a state of the art beauty parlour, 'Ekagrata' tuition rooms and an open activity area.

Our sub-units too have joined hands in bringing about a positive impact on our environment. While NWWA (Agrani) carried out 'Plogging' and 'Swachhta Hi Suraksha' Community Sharmdan, NWWA (Dronacharya) planted over 200 trees and have been conducting beach cleaning regularly for making it an avian paradise. NWWA (Valsura) and NWWA (Hamla) recycled furniture from the scrap-yard for visual display of Samudri store, and also recycled used paper for gift wrapping respectively. NWWA (Chilka) has taken the green initiative by

creating 'Nari Shakti Van', and the new 'Chilka Phulwari Nursery'. NWWA(Mandovi) conducted talks on dental hygiene and importance of Gynecological tests and NWWA (Ezhimala) NWWA (Shivaji) have focused on infrastructural improvement of the Beauty Parlour and Balwadi respectively.

It took the grit and vision of a 16 year old from Stockholm, Greta Thunberg, to capture the world's imagination on the impact of global warming and raise the alarm to necessitate action on urgent footing. Her resilience has resulted in more than 60 countries pledging to meet their carbon footprint reduction targets by 2050. Global warming is probably one of the greatest threats faced by humanity and all living creatures. It is happening even as you read this. Nations around the world are researching ways to mitigate climate change. The Indian Navy has taken serious measures to reduce the carbon footprint on its platforms and naval bases and NWWA is supporting and augmenting these measures. Here at NWWA (SR) we continue to protect, nurture and improve our surroundings.

Replacing common use plastic items with cloth bags, bamboo straws, steel tiffin boxes in NCS, copper or glass water bottles etc., has been one line of action. In addition, we are also spreading the message to our surrounding communities and have engaged with local authorities to take actions in areas outside the naval base. We are also involving our children as our ambassadors to spread this message through the Outreach and Prakriti groups using jingles and street plays. We believe in walking the talk and making a difference! In 2020, let us redouble our efforts to ensure a plastic free environment with positive reinforcing steps to Reduce, Reuse, Recycle and Reject.

Women can be the harbingers of change as they have multiplier effects on issues of importance- she can change her household, her community, her society and nation. NWWA(SR) has made it a point to include informative and educational messages in all our coffee mornings or Milans. We are encouraging a new concept called 'She Chefs'. Under this, naval wives can sell their home made food products. We have brought a significant beauty brand called Panache to our naval base at affordable costs and even opened a café dealing in health products next to the gym. Our intention is to promote healthy living by inculcating healthy lifestyle practices in our community. We have done “chai pecharcha” with young navy wives to educate them on what NWWA is and what we can achieve together, if we all share responsibility.

I am confident that there will be committed and enthusiastic participation by all our women in the various activities we have planned in the coming months. I would like you all to continue to share your ideas and join hands towards community service.

I thank the NWWA (SR) members for their sustained and immensely laudable efforts in achieving our common goals. We may have miles to go but we will, hand in hand, step by step, walk the path and attain our aims.



Mrs. Anita Roy
President
NWWA, Dronacharya (SR)

FOREWORD

I am indeed honoured and privileged to have taken over as the President NWWA (Dronacharya, SR) and be at the helm of its activities since July 19. It gives me immense satisfaction to pen down the Foreword for our first Varuni, as I go down the memory lane, re-visiting our activities of last six months.

My first impression of this beautiful stretch of land along the Arabian Sea was mesmerizing. While, the lush green surroundings added prettiness to the ambiance, sound of the waves crashing against the sea wall, provided an oceanic melody to the air. It seemed as a nature's Paradise, where the Gunnery fraternity, exquisite Flora, Fauna and birds coexisted in harmony.

In the last six months, apart from focusing on health of ladies and children, we embarked upon a journey to make Dronacharya truly environment friendly and plastic free zone. It was our endeavour to educate one and all, including our civilian neighbours, staying outside the perimeter wall, to be fully alive to the need for environment conservation and keeping the surroundings clean and green.

NWWA also displayed its philanthropic side by providing support to communities like 'Good Hope' Old Age Home, 'AshwasaBhawan' orphanage and Raksha Society, a home for physically and mentally challenged adults and children, which met with an overwhelming appreciation from these organisations.

NWWA Dronacharya is proud to have in its team intelligent, dedicated, motivated, and talented ladies, who are willing to share additional responsibilities, as well as contribute in their respective field of specialization.

I acknowledge the contribution of team Sanchar and all other ladies involved in compiling this edition of Varuni. This edition brings out glimpses of activities that revolve around health, social welfare, protecting the environment including inspiring narratives from the Drona family.

JAI HIND



Mrs Megha Nithun

EDITORIAL BOARD

FROM THE EDITOR'S DESK



Mrs Varsha

Season's Greetings everyone! Here we are, with our latest edition of 'Varuni' from INS Dronacharya encapsulating all the development programs and fun activities engaged in the last 6 months.

The theme of this issue is Environmental Protection, featuring the initiatives taken up by NWWA Dronacharya for a Plastic free zone where the residents can co-exist with nature in harmony.

Another agenda close to our hearts is the physical and mental health of the ladies and children. Yoga on the beach front, sports and games, cycling, nature walks are regularly conducted. Guest lectures and classes were also conducted by recognised medical specialists and subject matter experts to disseminate the importance of mental and physical wellness.

The festival seasons of Dussehera, Diwali and Christmas ushered in a vibrant atmosphere. Various competitions like Rangoli, Healthy Cooking and food stalls added flavor to the festive season.

The Drona anniversary saw our talented ladies and children put up a stupendous performance. As the year 2019 drew to a close, we bid farewell to the wives of foreign officers, doing long G course.

We thank all for sharing their experiences and thoughts on the theme of this issue, making it an interesting read.

Happy Reading! Jai Hind.

FROM SECRETARY'S DESK



Mrs Monika Kundu
Secretary
NWWA, Dronacharya (SR)

"A people without the knowledge of their past history, origin and culture is like a tree without roots."

– MARCUS GARVEY

Let's dig into the roots. Summarizing the events that were conducted over past 10 months....

NWWA EVENTS

1. **Swachta and Jagrukta Abhiyaan** : NWWA Dronacharya, conducted multiple cleanliness drives on our 2.5 km beach front and surrounding areas of Fort Kochi. Mrs Sapna Chawla, President NWWA (SR), motivated and guided us in these endeavors with her presence. To mobilise the residents to eliminate single use plastics, regular talks and activities like painting competition were conducted. Poster and Slogan competition were undertaken as a part of the Jagrukta Abhiyans to spread awareness on the importance of clean environment.



2. **Environmental Protection** : Environmental conservation has been one of the focus areas of NWWA Dronacharya. Tree plantation drives were conducted frequently with active participation by all residents. A talk on wildlife conservation through wildlife photography was presented by PMO. Photographs captured by PMO of various species of birds that reside or migrate to Fort Kochi, mainly within the Dronacharya campus due to its protected beaches was the highlight.



3. **Talks on Matrimonial Harmony and Health (Arogya)** : A lecture on Matrimonial Harmony was delivered by Marriage Counsellor/Psychologist SHO(K). Health talk on the importance of breast milk and breast feeding techniques for young mothers and newly married ladies was given by the PMO.



4. **Welcome Milan** : A special Milan to welcome Mrs Anita Roy, President NWWA, Dronacharya was organized on 17th Sep 2019. The programs constituted of an informative PPT on waste segregation and disposal and safety at home and an entertainment session of songs, games and fashion show. Mrs Anita Roy then, addressed the gathering, garnering support and cooperation of all ladies in achieving the common goal of women empowerment, community welfare and environment protection.



5. **Rangoli Competition** : Ladies participated with zeal and enthusiasm in the Rangoli competition held at two venues - NWWA Kendra and the unit's temple, as the NWWA committee and welfare members cheered them on. The Colour Rangolis and Pookalam were a treat to watch.



6. **Coffee Evening** : Also attended by the ladies from our friendly neighbourhood, Srilanka, it was a fun filled evening with party games and spot awards. Decorations of paper folding diyas and flower Rangoli made the venue colourful and ushered in a vibrant atmosphere and festive mood. Of the foot tapping medley and mesmerizing dance numbers, a belly dance performed by the ladies of Long G course, stole the limelight. The President NWWA, Dronacharya also distributed the book 'Welcome Young Lady' to recently married ladies.



7. **Sparsh** : Community interaction programs for under privileged members of the society was conducted at the 'Good Hope' Old Age Home and 'Ashwasa Bhawan' an orphanage both at Fort Kochi in an effort to reach out to the elderly citizens and the children, where, the residents were presented with utility items and Garden benches. NWWA Dronacharya also lends a helping hand to Raksha society, which is a home for physically disabled and mentally challenged adults and children by placing regular orders made by these children for the NWWA shop, 'Samudri' . .



8. **Prakriti** : A short film, 'Song of Rain' was screened for the children, with an overwhelming participation of 50 odd children in the age group of 5 to 12 yrs. It was based on the importance of each drop of water and also taught the importance of rain water harvesting.



9. **Healthy Cooking Competition** : Healthy cooking competition was held in NWWA Kendra. Enthusiastic ladies participated and presented some beautiful dishes.



10. **INS Dronacharya Anniversary** : The 41st anniversary of INS Dronacharya, NWWA was celebrated with much pomp and show, with active participations by all its residents.



11. **Sports** : Various sports activities like Hop and Run, Hockey Race and Balancing Race were conducted. The event drew a large crowd of enthusiastic ladies



12. **Farewell to Long G Foreign** : Farewell party for Long G Foreign Officer's wives was held at NWWA Kendra on 16 Dec. All the committee members including wives of sponsor officers from Long G Indian were present during the function. It was a fun filled evening and one of the highlights was melodious songs sung by the wives of foreign officers in their local language. Mrs Anita Roy, President NWWA Dronacharya, presented a small token of love to the ladies wishing them health, happiness and happy reunion back home.



13. **Food Stall** : The food stall set up at NWWA Kendra on Christmas Eve, was an instant hit with children and ladies alike. The delicacies that were prepared and sold by the welfare team include cookies, cupcakes, samosas, kachori and panipuri.



KUMBALANGI – A QUIANT FISHING VILLAGE



Located 12km south of Kochi, Kerala in the Ernakulam district, Kumbalangi is a stunning confluence of vivid colours – the azure backwaters, the viridian palm trees, the wheat-coloured sand, and a cloudless, brilliant blue sky. Being essentially a fishing village, Kumbalangi offers an insight into the lives of local fishermen.

It also happens to be Kerala's first rural tourism village and the country's first designated eco-tourism village. The initiative is known as the Kumbalangi Integrated Tourism Village project, which began in 2003, and is meant to transform the tiny island hamlet into a tourist spot and a model fishing village. Today, the place is well-known among tourist circles as a must-visit destination for experiencing Kerala's culture and cuisine in its raw form.

An interesting legacy of Kumbalangi is the presence of the Chinese fishing nets that dot the serene, sun-kissed coasts of Kumbalangi. Although the origins and existence of this mode of fishing in Kerala are unclear, these unique, massive hammock-shaped mechanically operated fishing nets have become a popular fixture in the island village.

The culture-rich Kumbalangi is an escape from the mundaneness of regular life. One should stay in one of the houseboats or the many converted homestays, gorge on delectable dishes of Kerala and boast about having lived the marine village life. One can watch the womenfolk of the village weave golden fibre-coir and coconut leaves and witness the fishermen indulge in crab farming and clam processing.

So why wait? Let the next weekend be a drive down to the Kumbalangi Tourism Village to fully savour the variety of natural splendours, click some exotic photographs and witness the frames of an outstanding ecologically balanced fishermen village.

– Varsha Narayan

Three LIES about plastic that big brands are selling you:



#1. "IT'S RECYCLABLE !" Companies increase their plastic production every year, But only 9% of plastic has been recycled globally .Just because something is recyclable doesn't mean it's recycled.

#2. "PAPER IS 'FRIENDLIER' THAN PLASTIC" Paper products just shift the problem ,leading to deforestation, which emits large amounts of CO2 and contributes to climate change and biodiversity loss. Just because paper seems like a quick fix doesn't mean it is .

#3. "BIOPLASTIC IS BETTER THAN PLASTIC" Biodegradable or compostable plastics only break down under certain industrial temperatures and pressures not in the environment .Just because bioplastics sound better for our planet doesn't mean they are. so what's the SOLUTION?

REFILL AND REUSE. Corporations need to stop selling us 'THROW-AWAY' because there is no 'AWAY'.

STAND AGAINST PLASTIC POLLUTION.

– Monika Kundu

LET'S HEAL TOGETHER THE PLASTIC MENACE

SurgCdrMarakPertin

INS Dronacharya says 'NO to Plastic' pollution by adopting the principle of Remove, Reduce, Recycle and Reuse. Spreading awareness to the young bubbling minds and leading with example is the motto of parents inculcated at this beautiful and serene environment of this unit.

Annual survey and identification of Birds of Dronacharya was organized to count our feathered friends who had crossed thousands of mile from Europe, Africa and Himalayan ranges to reach this beautiful and serene island. The tracking revealed something alarming and disturbing - our misuse of plastic mercilessly was injuring our feathered friends and the plastic menace was contaminating their habitat leaving them helpless.



(Birding and documenting)



(Impact of plastic menace)

We all together started cleanship drive for our feathered friends...



Now INS Dronacharya beach with its ever green canopy is one of the best destination for our feathered friends who have flown across thousands of miles to be spectators at the Passing out parade once again!

Platoon Saaavdhan!

(Platoon Commander leading the POP, post the completion of their peaceful migratory tenure at Drona)



GUESS THE INDIAN FOLK ART ?

– Sukriti Singh

Ancient Indian Folk painting and art styles have been passed down from generations to generations and are still practised in different parts of the country. Can you guess these folk art forms?



1. It originated in the kingdom of Janak in Nepal and in present day Bihar. Practiced mostly by women who wanted to be the one with God.

2. Originated in Rajasthan, it is mainly religious form of scroll painting depicting folk deities Pabuji or Devnarayan. The 30 or 15 feet long canvas or cloth that it is painted is called phad.



3. Originated by tribes in Western Ghats of India in 2500 BCE. It mainly uses circles, triangle and square to form shapes depicting daily life activities like fishing, hunting, festivals, dance and more.

4. A tribe in Madhya Pradesh created these bold, vibrantly coloured paintings depicting mainly flora and fauna.



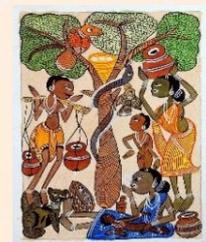
5. The art form means drawing with pen. It has two styles- Machilipatnam and Srikalahasti style. Used in sarees and ethnic clothing, depicting scenes or characters from epics such as Ramayana and Mahabharatha as well as flora and fauna.

6. Originated in 1600 AD. It uses gold foil which glitters and ends the painting in a surreal look. It depicts devotion to God and saints.



7. A cloth based scroll painting from Odisha and West Bengal with sharp, angular bold lines depicts epics, Gods and Goddesses.

8. Originated in the 19th century in Bengal. Along with mythology it also shows various social reforms.



9. Originated in present day Telangana, is practised only by the Nakashi family only. These are 40-45 feet scrolls depicting puranas and epics.

Originated in present day Telangana, is practised only by the Nakashi family only. These are 40-45 feet scrolls depicting puranas and epics.

Answers: 1. Madhubani 2. Phad 3. Warli 4. Gond 5. Kalamkari 6. Tanjore 7. Pattachitra 8. Kallighat 9. Cherial

स्मार्ट मॉम प्रतियोगिता पर लेख

2019 मेरे लिए एक यादगार वर्ष रहा और इसका सबसे मुख्य कारण था Smart Mom का title जीतना। 'Smart Mom Contest' की श्रृंखला की शुरुवात बच्चों के tantrums से संबंधित lectures से हुई थी। ऐसे 3 सेशस में भाग लेने के बाद कुछ दिनों के अंतराल में ही हमारी पहली लिखित परीक्षा हुई थी जिसमें करीब 70 प्रतिद्वंदी थे। पहले राउण्ड को जीतने के बाद चुने गए 10 प्रतियोगियों को अगले पड़ाव में निर्णायकों के एक पैनल के सामने साक्षात्कार देना था और फिर शाम को मुझे अंतिम राउण्ड में मेरे चयन का पता चला। पिछले वर्ष के प्रयत्न के बाद यह मेरा दूसरा साल था और पूर्व वर्ष में भी साक्षात्कार तक पहुँचने के कारण मुझ में उत्साह भी काफी बढ़ गया था। मैं मन ही मन खुद को यह समझा रही थी कि या तो जीत का जश्न मनाते हुए आऊँगी या कुछ अनुभव पाऊँगी। अगले दिन जब स्टेज पर मुझसे यह प्रश्न पूछे गए कि मैं बच्चों को कैसे सँभालती हूँ और पर्यावरण को बचाने के लिए मैं क्या कर सकती हूँ तो मैंने बिना किसी रूपांतरण, रोज़ की सरल भाषा में जवाब दे दिए जिसकी सारे निर्णायकों ने काफी प्रशंसा भी की और फिर 8 नवंबर, 2019 को मेरा सपना पूरा हुआ जब श्रीमती सपना चावला, नवा अध्यक्षा, दक्षिण कमान, ने अपने हाथों से मुझे Smart Mom का सैंश पहनाया और प्रथम पुरस्कार से सम्मानित किया। इसके साथ ही मुझे 7000/-रु की धनराशी भी प्रदान की गई। इन सब से ज्यादा मुझे इस बात की खुशी है कि मेरे खिताब जीतने से पूरा द्रोणाचार्य गर्वान्वित हो उठा। मेरा मानना है कि आज की महिलाएँ पुरुषों से किसी भी क्षेत्र में कम नहीं हैं और एक बार कुछ ठान लें उसे हासिल किए बिना चैन नहीं लेतीं। जिन्दगी की हर शाखा को संतुलन में रखते हुए अपने सपनों की ओर बढ़ना सराहने योग्य बात है, पर उससे भी ज्यादा प्रशंसनीय नारियों की वह लगन है जो उन्हें हर काम को पूर्णता से करने में मदद करती हैं। अंत में मैं यही कहना चाहूँगी कि:

कदम ऐसा चलो की निशान बन जाए,
काम ऐसा करो की पहचान बन जाए।
यहाँ ज़िन्दगी तो सभी जी लेते हैं,
पर ज़िन्दगी जियो तो ऐसी कि
सबके लिए मिसाल बन जाए।

वन्दना कुमारी



नारी शक्ति

नवा में कार्यरत कनकम अम्मा की कहानी बहुत दिलचस्प और प्रेरणादायक है। सत्तर साल की उम्र में जो वो कर रही है वो शायद बहुत कम महिलाएँ ही सोच भी सकती हैं।

वे 1991 नवंबर में नवा द्रोणाचार्य के साथ सहायिका के रूप में जुड़ीं। तब से अब तक उन्होंने नवा के साथ नये लोगों को जुड़ते हुए देखा और नवा को अनेक रूप-रंग में ढलकर इस नए रूप में देख और सवार रही हैं।

उन्होंने अपने बच्चों को ही नहीं, अपने पर-पोतों की भी ज़िन्दगी सवारने का बीड़ा उठाया है। हर सुबह दो बस और एक फेरी लेकर वह अपने पर-पोतों को विद्यालय छोड़ते हुए द्रोणाचार्य पहुँचती है।

दक्षिण भारत की तीन भाषाओं में निपुण वह, सरलता से हिन्दी भी बोल लेती हैं। उनको सब प्यार से 'नवा अम्मा' बुलाते हैं। उन्हें देखकर बस यही बात याद आती है 'नारी शक्ति तुझे सलाम'।

ललिता साइराम



मेरा बेकिंग अनुभव

मुझे बेकिंग में बहुत दिलचस्पी है। मेरा सपना बचपन से बेकिंग टीचर बनना था। हमेशा से ही मैं परिवारों में, विशेषकर महिलाओं को सिखाना चाहती थी। हर तरह के उत्कृष्ट और स्वादिष्ट रेसिपीज हमारे बीच हैं। नवा के माध्यम से मैं कई सारी महिलाओं को सिखा चुकी हूँ और मुझे बहुत गर्व महसूस होता है जब सारे छात्र स्वादिष्ट होम मेड केक बनाके दिखाते हैं। उनकी खुशी देख के मुझे भी बहुत अच्छा लगता है।

मेरी सबसे पुरानी यादों में से एक मेरा पहला बेकिंग का अनुभव है। मेरी बेटी लगभग छः साल की थी जब उसने अपने जन्मदिन की सुबह मुझसे जिद किया कि मैं उसके लिए अपने हाथ से घर में केक बनाऊ फिर मैंने कप केक बनाने का कोशिश की जो काफी अच्छा बना था और घर में सबको बहुत पसंद आया। मेरी बेटी उस दिन बहुत खुश थी। उस दिन से मैंने सोच लिया कि मैं केक बनाना सीखूँ। नवा के माध्यम से मैंने अपना छोटा सा सपना पूरा किया और अब भा नौ पो द्रोणाचार्य नवा में मैं गर्व से बेकिंग सिखाती हूँ।

रीना सिंह
बेकिंग टीचर



Baking Tips

1. केक बनाते समय सारी सामग्रियाँ एक जगह एकत्रित कर ले।
2. केक को हमेशा अल्युमिनियम के बर्तन में ही बेक करें और बेक करने से पहले बर्तन में चिकनाई जरूर लगाए।
3. केक को अल्युमिनियम के बर्तन में फेंटने से काला हो जाएगा, इसलिए हमेशा स्टील के बर्तन में ही फेंटे। केक बेक करने के पाँच मिनट पहले ओवन को गर्म कर ले।
4. केक को बेक करते समय ओवन को बार-बार न खोले। ऐसा करने से केक बीच में से दब जाएगा और स्पंज अच्छा नहीं होगा।
5. केक में मिलाए जानेवाला मक्खन व डब्बाबंद दूध सब सामान्य तापमान का होना चाहिए।
6. केक के अन्दर हमेशा पीसी चीनी का इस्तेमाल करें।
7. केक बनाते समय मिश्रण को हमेशा एक ही दिशा में फेंटे। धी या चीनी को फेंटने के बाद मैदे को थोड़ा-थोड़ा करके डाले जिससे कि मिश्रण में गाँठ न पड़े।
8. केक में बेकिंग पाउडर ठीक मात्रा में डालें, अन्यथा वह फट जाएगा।
9. मिश्रण ऐसा हो जो उड़लते समय बेंधी धार से गिरे।
10. केक के पूरी तरह से बेक होने का पता करने के लिए उसमें टूट पिक या छोटी चाकू डाल कर देखें। अगर चाकू पर मिश्रण न चिपके तो समझो कि केक तैयार है।
11. केक बनाने के बाद उसे तुरंत न काटे और न ही पंखे के नीचे रखें।
12. केक ठण्डा हो जाने पर ही आइसिंग करें।
13. आइसिंग करने के बाद केक को फ्रिज में रख दें तथा थोड़ी देर बाद निकाल कर काटे।

सविता

नमन

मान दिया, पहचान दिया, जीने का अभिमान दिया
बिखर रहे तिनके-तिनके, जुड़ने का अरमान दिया
बढ़ चले कर्तव्य पथ पर, ऐसा तूने ज्ञान दिया
हे मानवजाति के सूत्रधार, नाम से घरा घन्य
हे नारी तुझको नमन, हे नारी तुझको नमन।



ये मानव जिनके सृजनकर्ता, सपनों को साकार किया
तडप-तडप कर प्रसव वेदना, मानव को आकार दिया
प्रज्वलित दीप की तरह जलती निरन्तर, हर पथ तव
सुंदर सुखमय ममतामयी, एक परिवार सा चमन
हे नारी तुझको नमन, हे नारी तुझको नमन।

नन्हे कदमों को चलना सिखाया, टूटे लब्जों में जान दिया
उठ पड़ते गिरते कदम, साहस ऐसा अभयदान दिया
माला पिरोए संस्कार एवं विचारों से ओतप्रोत
सुंदर, स्वच्छ एवं निर्मल, समाज का चलन
हे नारी तुझको नमन, हे नारी तुझको नमन।

जख्मों पर मरहम लगाया, जब जब छूटे तब हाथ दिया
हे विकास को तत्पर तूम, कदम-कदम पर साथ दिया
कदम-कदम भागीदारी तेरी, हो समाज या देश
लक्ष्मीबाई, इंदिरा व कल्पना, कितने सपने सजे इस उपवन में,
हे नारी तुझको नमन, हे नारी तुझको नमन॥

रीना झा

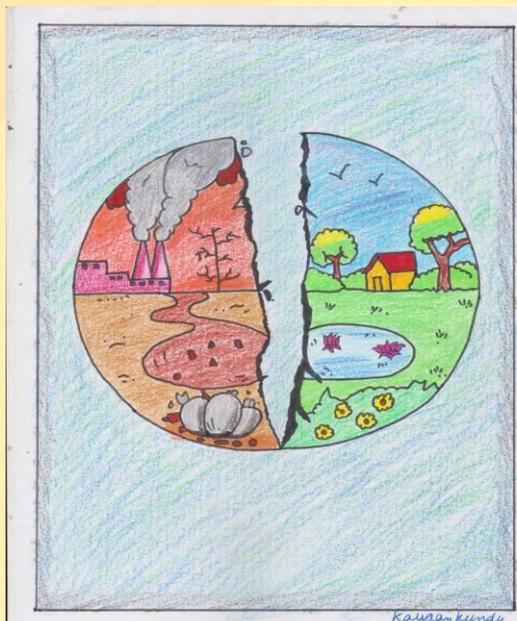
कशमकश

कैसी बेखबरी है ये
या आँखे हैं नींद से भरी
चारों ओर जो दिख रही।
वो है प्लास्टिक के सामान की लड़ी।
हमने पैदा किया, पाला और सवारा इसे
सोचा नहीं था एक दिन
ऐ ऐसा बदला लेगा
रह-रह कर ये हमें ही डस लेगा।
उठा कर फेंको न रखो इसे पास
नहीं तो ये धरती और हो जाएगी उदास।
पुरानी आदत है छूटने में समय लगेगा
इतना मुश्किल भी नहीं थोड़ी
जद्दो-जहत तो लगा
उठ-अब तू नामुमकिन को मुमकिन बना।

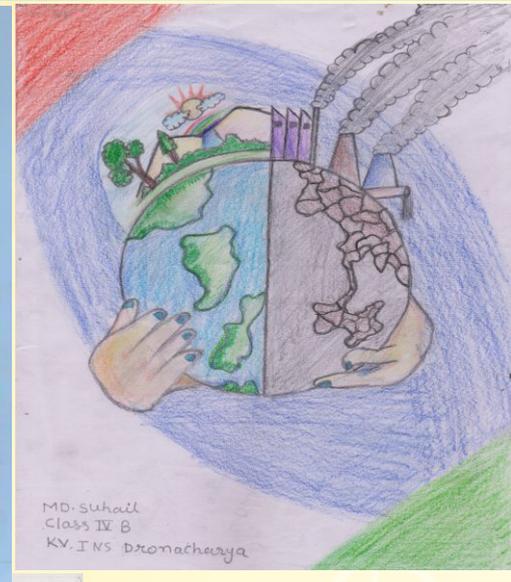


- ललिता साईराम

KID'S CORNER



Kavyaankurde



MD. Suhail
Class IV B
KV.INS Dronacharya



NWWA ACTIVITIES



