



# VARUNI

NEWSLETTER

NOVEMBER 2019



NWWA TN&P REGION



**Sitting (L to R) :** Mrs Thilaka Pradeep (Samudri), Mrs Meera Batra (Secretary), Mrs Sunitha Rao (Sanchar), Mrs Asha Kumar (President), Mrs Meenakshi Raman Shyam (Vice President), Mrs Anusha Gurumani (Treasurer), Mrs Sheela Gerald (Little Angels)

**Welfare committee members**

**Standing (L to R) :** Mrs Padmini Shankar, Mrs Rajshree, Mrs Rita Paul, Mrs Manju Saini, Mrs Banya Hazra, Mrs Lakshmi Parsanna, Mrs Shyamalata sahu, Mrs Anju Mishra,

**Cover page painting: Akash Hazra, Class XI**



**Glimpses of Sparsh, Diwali celebrations, Farewell & Visits**





Udyogika



Keeping Fit with Zumba



Honing Skills



Pragati



Brushing up knowledge



NWWA Milan



NWWA Chennai on an eco-friendly mission Hand prints by Tiny tots



Young talent by Aneeksha Shyam

## MESSAGE



I am indeed honoured to have taken over as the President of NWWA (Tamil Nadu Region). As the entity here is a largely scaled down version of the Association at an earlier station; it did take me a while to discern the differences and appreciate the strong points. Thereafter, no time was lost to assume responsibility and to carry forward the ethos and practices of NWWA, as mentioned in our Standing Orders. So, along with a couple of ladies, I set out to fulfill the duties and responsibilities that NWWA espouses to accomplish for our community. We started from basics i.e. reaching out to wives of senior personnel followed by an orientation for young Officers' and sailors' wives. Our efforts started bearing fruit since August and there has been no looking back, thereafter. I attribute all my diligence, strength and enthusiasm to a few committee members, the welfare committee and Navy Nagar members.

Our finances and administration are being managed well and so is our shop. Samudri shop is thriving and brimming with products from Chennai and other areas of our country. Classes are going on as usual and the highlight is that civilian members are also making use of them, whilst their kids are at school. Tiny tots at Little Angels are busy as ever, with fun-loving activity. NWWA also waved its magic wand on the orphans and senior citizens in the city, which met with overwhelming appreciation from those organizations. Regular workshops for ladies as well as children, were conducted to improve the well being of our community and possibly a new dawn in NWWA (Tamil Nadu) history.

I would like to register my profound gratitude to all those who contributed in every way towards this edition of Varuni magazine.

Jai Hind.

## EDITORIAL

The year is drawing to a close and the past six months were filled with community development activities which kept NWWA busy. Thus, to apprise everybody regarding the myriad activities of NWWA, it has been decided to publish two editions of the Newsletter VARUNI every year. Apart from providing information, VARUNI also aims to motivate all naval wives towards participation in its various fora.

All of us have been fortunate to receive our mothers' love and affection, which moulded us into what we are today. It is said that 'God could not be everywhere, so He created mothers'. We could justifiably be proud of the fact that, we as mothers have a profound role in the development of a healthy society. Therefore, we have selected 'Motherhood' as the theme for this edition of VARUNI.

To remind us of the trials and tribulations of our predecessors in Service; we have introduced a new feature 'Down Memory Lane' ;wherein we intend to interview one or two of the veteran ladies to realise how much progress, we have made since their times. It would serve both as a mirror to our past and an eye-piece to our future.

We thank all those who contributed articles to VARUNI. Happy Reading.

**Team SANCHAR**

## MOTHERHOOD

***If ever there was a word which would always fall short of a definition, it would be, mother. And if ever there was a degree of patience and perseverance and boundless love, it would be 'motherhood'. It is a wonder how a mother is a home to a new life for nine long months and then a shadow of blessing and ever-flowing love.***

***I never knew the meaning of patience, until my daughter was born. Motherhood taught me the art of forgetting all the pain and anger, in a cutest smile of the little wonder of mine.***

***I am a mother, and it is after I was blessed to play this role, that I could recognize the challenges which mothers must have faced. Motherhood is God's way to convey to the world, that love is eternal and mother is its origin.***

**Liji Nair**

## I See Myself in Your Eyes

***They say motherhood is a blessing.***

***Another said it's a great feeling to be a mother.***

***Someone else said every woman is complete as a mother.***

***Well, beyond all this motherhood is an experience at different stages.***

***When a life starts growing inside the womb you start believing in miracles.***

***When she gives her first kick, you know why you were born as a woman.***

***When she is in your arms the first time, you understand why it's called the bundle of joy.***

***When she gives her kiss, you know that waiting is precious.***

***When she starts walking, you rediscover your zest for playing***

***When she calls Mumma, you know why your ears were created.***

***When she shows her scribble, you know Picasso is not the greatest.***

***When she fights as a teenager, you regret your teenage years.***

***When she flies off to work, you know how birds feel when their little ones take off.***

***When she starts her family, you know how time flies.***

***When you look at your girl, You know motherhood is about letting her be what she is.***

***Mothers don't teach their children but learn from them.***

**Liji Nair**

## RECIPE

ARISELU is a traditional sweet prepared for Sankranti and Diwali festival in South India, especially in Andhra and Telangana Regions . Sankranti is a harvest festival. All granaries are filled with rice, but the freshly harvested rice grains hold moisture and it is not good for health. It may cause stomach discomfort. So our ancestors had taught this procedure to use them in a proper way.

**Ingredients:** Rice – 1 cup, Jaggery – 1 cup, Cardamom powder – 1 tsp and Oil ( to deep fry). Soak the rice overnight. Rinse strain out the water and then grind rice in batches into a very fine batter and keep aside. Put jaggery in a deep pan and add 40 to 50 ml water to it. Boil until the syrup starts bubbling. Take a small spoonful of syrup and put in a small cup of water - if the syrup doesn't dissolve or if it turns in to a ball when pressed with fingers then the syrup is ready. Add cardamom powder, mix well and turn off the flame. Pour the rice batter little by little through a sieve to the jaggery syrup. Keep stirring and adding the rice batter until the dough turns hard like chapatti dough. Heat oil for deep frying on a medium flame, Take a dough and shape it into a round ball, flatten it. Drop into oil carefully and wait until it rises and floats to the top. Fry until it turns golden brown. Ariselu is ready to be served.

**Lakshmi Prasanna**

## चेन्नई मेरा शहर

**महाबलीपुरम** :- महाबलीपुरम एक ऐतिहासिक नगर है जो मामल्लपुरम भी कहलाता है। यह पूर्वतर तमिलनाडु राज्य, दक्षिण भारत में स्थित है। [ महाबलीपुरम के प्रसिद्ध स्थानों में महाबलीपुरम तट, शोर मंदिर, पंचरथ, टाइगर गुफाएं हैं। ] यह नगर बंगाल की खाड़ी से 60 किलोमीटर दूर स्थित है। इसका एक अन्य प्राचीन नाम बाणपुर भी है। महाबलीपुरम का मामल्लपुरम नाम सातवीं सदी (7) के हिन्दू पल्लव राजा नरसिंह देव वर्मन जिन्हें मामल्ल भी कहा जाता है के नाम पर पड़ा। यहाँ पर सातवीं आठवीं सदी में निर्मित पल्लव मंदिर हैं जिसमें अर्जुन की तपस्या, गंगावतरण जैसी मूर्तियां हैं। महाबलीपुरम में समुद्र पर बना शिव मंदिर प्रमुख आकर्षण केन्द्र है।

प्राचीन स्थल :-

(1) शोर मंदिर - इसे स्टोन मंदिर भी कहते हैं क्योंकि यह ग्रेनाइट पत्थर से बना है। मंदिर के प्रगाण में सात पगोडा की पत्थर की मूर्तियां हैं। यह मंदिर भगवान शिव और विष्णु को अर्पित है।

(2) पंच रथ मंदिर :- यह पंच पांडवों का रथ नामक मंदिर है जो महाभारत की कहानी को दर्शाता है। अभी हाल में 11-12 Oct को प्रधानमंत्री नरेन्द्र मोदी व चीन के राष्ट्रपति शी जिनपिंग ने महाबलीपुरम का दौरा किया है। यह दौर भारत के व चीन के मध्य आपसी संबंधों को मधुर व मजबूत बनाने के लिए किया गया है। भारत के रिश्ते चीन के साथ बहुत ही प्राचीन हैं। इससे पहले भी प्रधानमंत्री झाऊ एन लाई भी महाबलीपुरम आए थे।



पल्लव व चोल राजाओं के काल में भी चीनी कारोबारी यहाँ आया करते थे इस बात का साक्ष्य प्राचीन सिक्कों व मुद्राओं से पता चलता है। भारत व चीन के साथ आपसी रिश्ते को प्रगाढ़ बनाने की एक सशक्त पहल प्रधानमंत्री ने दुबारा महाबलीपुरम से ही की है। इस दो दिवसीय यात्रा के दौरान प्रधानमंत्री मोदी जी व चीनी राष्ट्रपति शी जिनपिंग ने महाबलीपुरम के शोर में सांस्कृतिक कार्यक्रम में भाग लिया। प्रधानमंत्री ने चीनी राष्ट्रपति शी जिनपिंग को (अन्नम लैप धंजावुर स्टाइल की नृत्य करती हुई माँ सरस्वती की पेंटिंग भेट की।) नरेन्द्र मोदी जी ने राष्ट्रपति शी जिनपिंग के साथ पंच रथ, पल्लव राजाओं द्वारा स्थापित स्मारकों, अर्जुन की तपस्या स्थल व मंदिरों का भ्रमण किया। इसी यात्रा के दौरान महाबलीपुरम में स्मारकों के समूह को (यूनेस्को ने विश्व धरोहर स्थल के रूप में निर्धारित किया है। दो दिवसीय यात्रा के पश्चात महाबलीपुरम पर्यटक स्थल में एक आकर्षण केंद्र के रूप में उभर कर सामने आया है।)



**मरीना बीच** :- तमिलनाडु के शहर चेन्नई का पर्यटन स्थल है। चेन्नई का मरीना बीच विश्व का दूसरा सबसे बड़ा बीच है। यह सेन्ट जार्ज किले से महाबलीपुरम तक फैला हुआ है। कुल लंबाई - 13 कि. मी. चेन्नई के मरीना बीच पर राज्य के मुख्यमंत्री जयललिता व एम. करुणानिधि का स्मारक बनाया गया है। पर्यटकों को लुभाने के लिए यहां अनेकों स्टोल बने हुए हैं।

**कांचीपुरम (कांची)** :- भारत के तमिलनाडु राज्य का एक नगर

महापालि क्षेत्र है। यह मंदिरों का शहर है। यह कांची या कांचीअम्पाठी भी कहलाता है। यह पलार नदी के किनारे स्थित है। यहां कई बड़े मंदिर जैसे - वरदराज, पेरुमल मन्दिर भगवान विष्णु के लिए एकाम्बरनाथ मंदिर , कामाक्षी अम्मा मन्दिर , कुमारकोट्टम , कच्छापेश्वर मन्दिर, कैलाश नाथ मंदिर। यह नगर अपनी रेशमी साड़ियों के लिए भी प्रसिद्ध है। यह साड़ियां हाथों से बुनी होती हैं , एवं उच्च कोटि की गुणवत्ता होती हैं। हिन्दुओं का यह पवित्र तीर्थस्थल हजार मंदिरों के शहर के रूप में चर्चित है। कांचीपुरम प्राचीन चोल और पल्लव राजाओं की राजधानी है। साड़ियाँ :- कांचीवरम साड़ी - बेहद खास मलबरी सिल्क और जरी के धागों से बनाई जाती हैं। इसकी कीमत 7000 से 2 लाख रुपये तक होती है।



Manju Saini

## DOWN MEMORY LANE

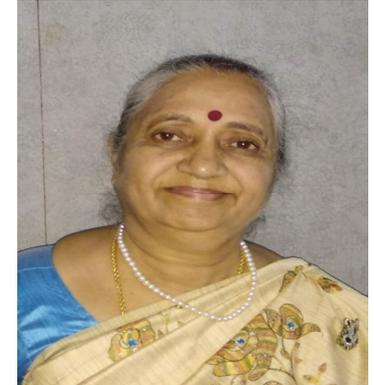
The aim of this feature, is to bring out the good and bad that our officers and their wives encountered while they were in Service; which should motivate the ladies whose husbands are still in Service. Who better to start off this feature than Mrs Mangala Vasani w/o Cmde RS Vasani (Retd), the present President Navy Foundation (Chennai Chapter).

### 1. Mrs Vasani, when did you get married ?

17th March 1983

### 2. What were your first impressions of the NAVY?

Before marriage I had a very different image in my mind of what naval life was all about. But once I entered into this society, I saw that a woman was given so much respect and I was made very comfortable. The senior ladies became my mentors and showed me the way of naval life. My neighbours and friends were my support system. But most of all, it was my husband, my biggest supporter and taught me everything I know. It was all very new and exciting.



Mrs Mangala Vasani

### 3. What was your association with NWWA through the years?

For most of my initial time as a naval wife I maintained a low profile. My family was my biggest responsibility. It was only when we were in Rajali, being the CO's wife, I started taking initiative and the ladies were inspired and they started coming forward and volunteering their time and talents. Subsequent posting as CO Garuda for my husband, made me give back some lessons to the naval fraternity. Through the years, I have contributed in various capacity, since my foster father is a teacher, education has played a big role in my approach to contributing to NWWA. We used to conduct coffee mornings, always look back at those productive times fondly. I spent a very fulfilling time at Bal Kendra , where we encouraged servants' children which brought out their talents, which was a very proud moment.

### 4. What did you find good about NWWA? Can you amplify with anecdotes?

This is a platform for ladies to express themselves in the most diverse ways and learn from each other. I've learnt so much from different cultures and thinking, and we have worked together like a huge joint family and this is a very good exposure for ladies.

**5. What was the frequency of social engagements during your time and how did you balance your personal commitments with the organizational requirements?**

Where I come from, community and family both are very important. Although, We always made it a point to be there for social events, we never did it at a cost to family. I had to be home when my children and husband came home. Once I understood my responsibility, it was only a matter of good time management. I'm proud to say I have never ignored neither my organizational responsibilities nor my family commitments. So, it was actually NWWA that taught me time management.

**6. We see even now, when we invite retired personnel for social functions, you make it a point to attend as a couple. So, what is the driving force that makes you attend all these functions ,even after so many years of your husband's retirement?**

My Husband makes it a point to take me for all events. He always lets me know well in advance, so I can manage my time well. He always wants me to come with him everywhere, be it social events or foreign trips.

**7. What is your advice to the young wives in the NAVY, be they working or not?**

This a chance for you to contribute to your society. Most women these days are career oriented, but I'm sure they can all take sometime out for these activities. If nothing else, it will teach them very good time management.

**8. Lastly, What according to you should be the contribution of NWWA towards the NAVY?**

Our husbands are usually away at work, it gives them peace of mind, that we are engaged in something constructively. We also learn from all this exposure and are able to give back to the community, in our own individual capacity. My husband's last deputation was as COMCG Eastern Region in Coast Guard. Whatever I learned through the years at NWWA, I was able to bring it to CWWA. The ladies there were so supportive in all activities. Even today, I have great attachment to the ladies that I worked with in CWWA and NWWA.

In conclusion, I would like to say, that the NWWA provides a great platform and opportunity to contribute to the naval families, to make a difference in the way we live. I would like to wish all the members a lovely time and all the best in the coming years.

**Thank you, Mrs Vasan for sparing your valuable time for expressing your views candidly to Varuni.**

**MOTHER**

*Mother,  
I love that warmth,  
where I curled to that quiet and comfort,  
wherein the echoes of your lullaby,  
Always brings endless smiles in my wondering eyes.*

*Mother,  
I love to lie on your lap,  
Where all I could see is you, looking at me,  
Without any prevalent falsities,  
Where the only stars I ever relished,  
Were the glistening sight of your beaming smile.*

*Mother,  
The roads of life this long,  
have been safe from forlorn,  
All because of your incessant love,  
That hovers over me,  
Like countless affectionate doves.*

*Blessed I am, that I am a part of you,  
Your embrace is my home,  
Made of love so true,  
You are my Mom, my angel, my all,  
Dear mother, I truly love you.....*

**Malavika Vivek, Class VI**

**MOTHERS IN DEED**

It's such a beautiful word to hear, to share, to praise. It gives you comfort, more than the sound of home. You guessed it right; the word is 'Mother'. In my life, my mother has been the life savior a numerous times. She always seemed to have the eagle eye and the quick wit to accomplish many things in life and help the ones around. For example; my brother. At this moment while you are reading this, my dear brother is sitting in Delhi enjoying what he loves to do. He knows and I know too, that the position accomplished would not have been possible without the life skills we learnt from our mother.

Well, as relationships with mothers and her children go, my mother and I recall a little incident. As I had already mentioned, my mother has a knack of finding objects around the house and yelling at me. I would go for hours looking for something, while the first object she saw would be what I had wanted. So one day, I seemed to not have found my diary. As an instant reaction I went directly to my mother for help.

She grabbed my arm and pulled me into the living room. When she held me by the arm I got scared thinking that I was going to get yelled at. She dragged me and pulled me to the first of the four drawers there. She whispered slowly into my ear in Marathi, "is it there?" I responded slowly, "no". This continued till the third drawer and the same answer/question routine, until at the fourth drawer where I found my diary. Sweat drizzled down the back of my neck and I dared not look back. At that point, for a moment there was complete silence. Then she whispered, "Is it there?"

I don't know what I processed about what she said. All I was thinking about was that she was going to yell at me. So when she asked me that question, I jumped! And boy did I jump!! Looking at my scared, confused expression, my mother had a blast. She laughed and laughed until she remembered to breathe. To this day, this is one of the stories she loves to recount to anybody willing to listen - how she helped me find my diary.

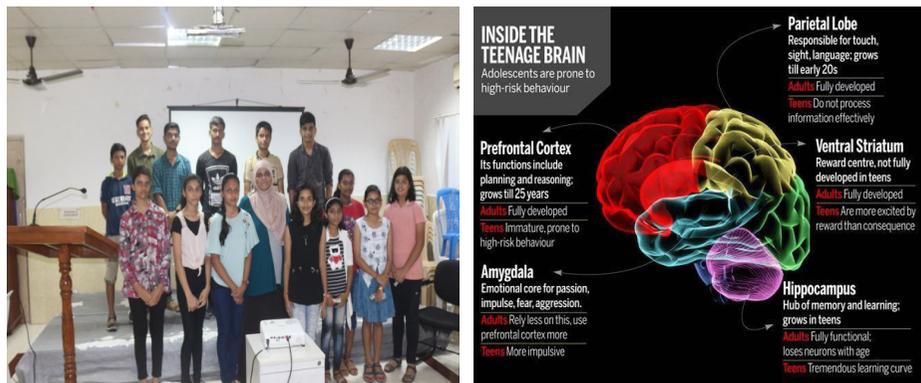
**S.S.Nandan, Class IX**

## ADOLESCENTS AND ALIENS

Do this! Don't do that!!! My mom sits on my head. I am not a kid any more but a teenager. I know what I am doing but not her. Why? I am confused. Why doesn't she understand?! What's wrong?! While pondering on these, I had an opportunity to attend a workshop based on this, wondering what they have to say on this.

The workshop covered all the things that were lingering in my mind, such as anger, doubts on communication and self-consciousness in a fun-filled, friendly and an interesting pictorial manner. It went on to say, that these problems begin from the age of ten and probably might end at twenty-two or twenty-three years of age. The counsellor did ask us to speak our mind so that she can answer our so-called doubts (actually contusions) and how it can be dealt with, in a lucid manner.

There are different means and ways that teens express their anger, assertive (answering back without hurting) aggressive (temper tantrums by throwing things and hurting others) and finally, passive (suppressed anger). For managing anger, I understood that communication is the best way to handle them.



One particular explanation that captivated me, was on the parts of the brain that helps us store memories (HIPPOCAMPUS), gain maturity (PREFRONTAL CORTEX) and control our emotions (AMYGDALA). The prefrontal cortex of an adolescent is not fully developed until 25 years of age, hampering the logical reasoning process. So, till the age of 25 only Amygdala (controls emotions) dominates leading to quick temper tantrums, high risk-taking behaviour and sudden emotional outbursts.

The workshop cleared my doubts. Now, I have realised that after all, mom is not an Alien as I thought but one who is protecting and guiding me in the right path, wherever I tend to go wrong. Finally, I was enlightened. There are no more confusions or doubts and I have understood how I should be dealing with such issues. This workshop gave me lot of valuable information and guidance, which sure I will share with my friends too.

"Mom is my best critic and yet my strongest supporter"

**G. Yamini, Class VIII**

## FEVER IN CHILDREN

Fever is the most common illness in children and also the most dreaded by parents. Should we really panic when the child has fever? Not really. Normal body temperature in children ranges from **98.6 °F to 99.6 °F** when measured orally. However, a temperature of **more than 100.4 °F** when measured orally or more than 99.5°F when measured in the arm pit is considered significant.

Fever in itself is not a disease. It is a sign or a symptom which tells us that the body is trying to fight germs by increasing the temperature. Then, should you bring down the temperature? Yes, only, if the fever causes discomfort and medicines are given to reduce the discomfort, but it will not treat the cause of fever, thereby resulting in recurrence of fever after some time.

Fever is treated either with Paracetamol or Ibuprofen in children. Paracetamol can be repeated every 4-6 hours to treat fever. A sponge bath with lukewarm water also helps. **Never use cold water, ice or rubbing alcohol.** Dress the child with light clothes and give plenty of fluids like water, soup, milk and normal diet to prevent dehydration. You should consult a doctor immediately when you observe following:-

- (a) In babies ≤ 3 months – If temperature > 102° F
- (b) In toddlers, if fever persists for more than 48 hrs.
- (c) Child sick, irritable, has ear pain, poor oral intake or has developed rashes.

Fever can be caused due to following:-

- (a) 90% of the fever is due Viral infection which is self limiting.
- (b) Bacterial or caused due to exposure to toxins, drugs or auto immune diseases.

Always remember- Antibiotics are not fever medications. And do not help in viral fever. They are only effective in bacterial infections like tonsillitis, ear infection, pneumonic and urinary tract infections. Therefore, use antibiotics judiciously.

Nowadays, parents have to be careful and vigilant about dengue fever. If you notice high fever with headache, body pain and pain behind the eyes lasting for 2- 7 days, it may be a case of dengue fever. After the fever subsides, look for following symptoms which may indicate worsening of dengue fever:-

- (a) Abdominal pain (b) Persistent vomiting (c) Reduced urine output (d) Rashes.

More than 80% children will have only fever and 5% of them progress to have severe illness. Dengue fever does not have a specific treatment. Hydration is the most important intervention. Treatment depends on the severity of the illness. If you have severe dengue fever, you may need:-

- (a) Supportive care in hospital (b) Intravenous (IV) fluid and electrolyte replacement. (c) Blood pressure monitoring (d) Transfusion to replace blood loss. Best way to prevent dengue is by preventing mosquito bites, wearing clothes that fully cover the body, use of mosquito nets and mosquito repellents.

**Dr Chitra Raman, MBBS, DCH, DNB(Paed)**

## मातृत्व

हालातो के आगे जब साथ

न जुबाँ होती हैं,

पहचान लेती है

खामोशी मे हर दर्द

सिर्फ "माँ" होती है।

हर साल हम 'मदर्स डे' मनाते हैं माँ, मम्मी जी, माता जी, आई या माँम नाम चाहे कितने हो पर नामो मे छिपा प्यार एक ही है। माँ के आँचल मे है 100% ममता ही ममता, हमारी कोई परेशानी उनसे छिपी नहीं रहती, ना जाने वो बिना बताए अपने आप कैसे जान जाती है, माँ का नाम लेते ही आँखों मे अलग सी चमक आ जाती है। अपनी बातें शुरु करने से पहले मैं उनके बारे में कहना चाहूंगी कि "उसको नहीं देखा हमने कभी पर उसकी जरूरत क्या होगी, ए माँ तेरी सुरत मे अलग भगवान की सुरत क्या होगी" है न, मैं सही कह रही हूँ ना। सच, भगवान का दूसरा नाम ही हैं माँ, हर जगह तो भगवान का जाना सम्भव नहीं है इसलिए उसने माँ को बना दिया, बेशक समय कितना ही बदल जाए पर हमारे देश के संस्कार ऐसे हैं कि माँ का प्यार ना कभी बदला है ना कभी बदलेगा। बताने की बाते तो ढेर सी है पर मैं दो बाते ही बताऊंगी, बचपन मे मुझे राजमाह चावल बहुत पसंद थे, पसंद तो अब भी है, पर मैं तब की बात बता रही हु कि जब मैं और मेरा भाई स्कूल से लौट कर आते थे और पता चलता था कि आज राजमाह चावल बने हुए हैं, तो मैं सारे के सारे खा जाती थी, यानि मम्मी के हिस्से के भी ,पर मम्मी कभी नहीं कहती थी, कि यह चावल उनके हिस्से के है वो न सिर्फ खुशी खुशी खिलाती, बल्कि बालों में हाथ भी फेरती रहती तब मैं यही सोचती थी कि जब मैं भी बड़ी हो जाऊंगी तब मैं अपने हिस्से के चावल खुद ही खाऊंगी, अपने बच्चों को नहीं दूंगी। पर मां बनने के बाद अहसास हुआ कि सब कुछ बच्चो का ही है, बच्चों ने खा लिया मानों मां ने खा लिया। सच पूछो तो बच्चों को खुश देखकर , बच्चों की खुशी में इतनी खुशी मिलती है, कि शब्दों से बताई नहीं जा सकती। यह बात मां बनने के बाद ही जानी मैंने।

**Priti Patel, NWWA Little Angels Teacher**

## Mental Health and Stress Management

Summary of the talk given by Psychologist Mrs. Ayesha Rahiman 30th August 2019.

As we open our eyes each morning, some thoughts rush through our mind. It might be something to cherish, but most often it would be about some pressing issue that needs immediate attention. This is the reality of life, and most often, surprisingly we are equipped to handle such situations with ease. However, at times we feel over-burdened by events or challenges that wears us down, be it work pressure, health issues or tragedies in personal life that throws a person off gear. This is what we call depression.

Each one of us has experienced such stressful situations, that at times might be over-bearing. During such situations, we may feel threatened and our body creates a stress response, which changes the way we behave, and the emotions we experience. Stress affects us in a number of ways, both physically and mentally. Everyone experiences stress and it is important to tackle it as soon as possible.

Some symptoms to look out for:-

1. Feeling of constant worry.
2. Difficulty in concentrating.
3. Mood swings.
4. Difficulty relaxing and low self-esteem.
5. Eating disorders.
6. Changes in sleeping habits.
7. Using alcohol and drugs.
8. Aches and Pains.
9. Diarrhea and Constipation.
10. Nausea and Dizziness.

If a few of these symptoms persist for a prolonged period, it is required to consult a GP and meet a psychologist or counselor. Stress leads to anxiety where the person panics, suffers from OCD, or Post Traumatic Stress Disorder (PTSD, Caused due to loss of a family member), Mood Disorder (either Elation or Depression), Bipolar Disorder, Chronic Disorder or Seasonal Affective Disorder (SAD, caused due to lack of day light in winter or autumn).

When a person experiences such symptoms, it is critical to accept the condition and opt for treatment, at the earliest. Treatment includes psychotherapy, medication, and self-help including life style changes (regular exercise, eating healthy, adequate sleep and no alcohol). Stress/Anxiety by itself is not a medical condition but a natural emotion that is vital for survival when facing danger. It needs to be addressed only when exaggerated or out-of-proportion, to the trigger that caused it. An active lifestyle and well balanced diet can help keep these emotions within healthy limits.

**Mrs. Sheela Gerald**



## Settling in.....

Orientation session for young wives of officers and sailors were held by Mrs. Asha Kumar, President NWWA TN&P Region on the 18th and 23rd Aug 2019 respectively. This kind of programme boosts the sense of belonging of young wives to the Navy. NWWA Chennai also organized a tour, of naval facilities to make the young wives, aware of the amenities available at our Station. This is to familiarize them, with the provision available, so that they are independent while their spouses are away at sea. A lecture on the activities coordinated by NWWA and the "NAVAL WAY OF LIFE" were given by way of presentation. Attractive gifts were given to the ladies who responded to the questionnaire put forward by the hostess. All in all, an overwhelming enthusiasm prevailed amongst the young ladies. Welcome young lady and Abhinandan were distributed and a sumptuous spread for the ladies to relish at the end of the session was organized by the seniors.

## Benevolence.....

NWWA Chennai facilitated the visit of students from Anjuman Matriculation Higher Secondary School, an institution for the orphans and destitute children of Chennai, onboard INS Sumitra. Their enthusiasm paved the way for a pep talk on the prerequisites to join the Navy by the Naval personnel present onboard.

This sojourn was once in life time experience for the boys and teachers of the school. Students were truly inspired coming onboard a warship and felt motivated seeing the men in uniform. Visitors were captivated by the sheer discipline and the prompt response of our men. At the end of the day, we were satisfied that we could bring smiles to their faces and make their afternoon worthwhile.



## Motherhood

# OUR

personal mind reader.  
personal fashion stylist.  
personal swiggy.  
sun/moon because she gives energy & strength.  
tutor, who helps in covering your lessons.  
personal towel is her pallu.  
supporter, when teacher finds fault.  
PR person, when relatives come home.  
art & craft guide, helps finish your project.  
conscience mirror, to tell you "right & wrong".  
shield when your father gets upset on you.  
world's most calming & peaceful place is her lap.  
nurturer.  
doctor, won't sleep a wink till you feel better.  
personal fitness trainer.  
chauffeur taking you to different classes.  
personal bodyguard.  
biggest fan.



OUR OWN INNER (Hİ) PEACE



I am grateful to this forum, as I got an opportunity to express my experience with my child, also to rever my mother and to all women for experiencing this unconditional and eternal love.

→ Khushbu Singh Bhandoo  
NKG Teacher



Welcome Milan for President NWWA TN&P  
30 April 19



Workshop for Parents on POCSO Act  
30 April 19



Bringing smiles to the children of Avvai Home  
31 July 19



Program for Senior wives  
01 Aug 19



Saundarya relocated  
06 Aug 19



Members Meet  
09 Aug 19



Independence day celebrations Little Angels school  
13 Aug 19



Ship Visit by Anjuman Higher Secondary School  
17 Aug 19



Orientation Capsule for young officers' wives  
18 Aug 19



Visit to Sailors' quarters  
19 Aug 19



Orientation for young Sailors' wives  
23 Aug 19



NWWA Milan  
30 Aug 19



Visit of President NWWA (Southern Region)  
12 Sep 19



A day with Senior Citizens  
10 Oct 19



AGM  
21 Oct 19



Saundarya



Little Angels



Samudri