



VARUNI

NEWSLETTER
AUGUST 2020

NAVY WIVES WELFARE ASSOCIATION ,KARANJA



Front Cover Credit: Mrs Harpreet Kaur

FROM THE PRESIDENT'S DESK

Dear Friends,

"Every beginning has an end, and every end has a new beginning... As we move to our next destination, I would like to reminisce about the wonderful times that I had spent here as President NWWA Karanja. It was an extremely warm and endearing experience to have worked with so many talented, hardworking and dedicated ladies.

All the committees have been busy with organising many events during the start of this year, workshops for storytelling and baking were conducted, a yoga and meditation session for our senior citizens, "well woman" clinic which saw a huge turnout this time with over 200 ladies attending it. We also had our annual NWWA picnic and NWWA Diwas was celebrated with a fun filled Zumba session, online competitions and many more such events.



The year started off on a positive note until we got reeled into a situation where none of us have experienced till date. Nature has a way of telling us to STOP! It gave us "time" to reboot our entire circle of life. Things that were important before, seemed very minuscule right now. Self-Preservation and preservation of loved ones has become top priority for each one of us. But we ladies can overcome any hurdles and find the light at the end of the tunnel on any given day, #lockdowncookingdiaries", #lockdownart, #lockdownpuzzles, #spendingqualitytimewithfamily.....from Dalgona coffee to mango ice cream to mug cakes to 3 ingredient cakes, to online classes for children, to streaming movies and soaps ... Phew! we did manage to find the silver lining after all and will continue to do so... "NEVER SAY NEVER AGAIN" Is the mantra we ladies follow, and am sure many will agree .

Keeping that in mind and also the safety of all concerned, the station had taken timely measures like Daily screening and record keeping of entry and exit points of the station, flu clinic, medical screening, social distancing at the shopping complex (essentials only). A makeshift hand washing area was also installed near the boat pool entry /exit. The Udyogika team was also busy throughout this time in the production of reusable face masks, which were distributed to the labour camp, domestic help in Nofra and also to the station.

We don't work alone There is always a team that helps you achieve one's goal and TEAM NWWA KARANJA is a fantastic one at that, I would like to thank all the Committee members, Welfare members for their unwavering support in all the activities and events that were conducted during this one year. Behind the scenes, where lies in the "silent staff" of the Kendra who keep the wheels of the Kendra turning, who I am ever grateful for, their contribution towards all the events and daily functioning of the Kendra. A big thank you to The Teachers and Instructors for parting with their craft to the children and ladies of our station, for enriching them with further talent and skills.

In tandem with the NWWA theme for 2020-2021 "Nurturing nature for a better future", we have taken up the topic of water and its conservation, along with lockdown blues in this issue of Varuni. "Virtual Reality" being the norm these days, the Sanchar team has worked on this issue, through Social distancing and has come up with a delightful magazine. Thank you Team Sanchar.

I would also like to welcome the new NWWA President, Karanja and wish her all the very best for all her future endeavours in this beautiful "clean, green and serene "abode.....

Au Revoir !!Karanja... Will surely miss the wonderful moments created here....

Stay safe everyone!!

Best Wishes Always...

Akhila Reddy Dube
President, NWWA KARANJA

FROM THE EDITOR'S DESK

It's the unexpected that changes our lives.

Normal life has come to a halt courtesy the coronavirus pandemic and the people across the globe are fighting it. As the pandemic continues, staying resilient and optimistic can be a challenge, whether one is sheltering at home or working on the frontlines.

We at Karanja, have tried to put a positive spin on lockdown by making our time at home productive. I guess, most of us have pretty much completed all of Netflix, spent days on the sofa looking at memes, sorted out all the cupboards before our creative juices started flowing. Some, practicing nail art, many channelling their inner M F Hussain by trying their hand at painting with an eye on the oven where a new recipe is slowly taking shape, online fitness classes, enhancing balcony gardens etc. etc...

In this edition, we have tried to bring out some of the lockdown talent through online competitions, in addition to our regular NWWA activities.

We also take the opportunity to bid farewell to our President, NWWA Karanja, Mrs. Akhila Reddy Dube as she moves on to her next destination. We thank her for everything that she has accomplished so far at NWWA Karanja, and wish her good luck for everything she will in the future.

As India navigates the lockdown exit in phases, we need to remember that safety and hygiene will be even more important in designing the post lockdown world. The entire station has given an exemplary account of bonhomie in facing up to the pandemic, and let us continue to do that.

We at NWWA wish all our readers good health and happiness! Take care.

Warm Regards

Ruchi Anand



TEAM SANCHAR



FROM L to R:

Mrs Gayathry Rethish, Mrs Ruchi Anand, Mrs Akhila Reddy Dube, Mrs Binu Singh

NWWA ACTIVITIES

AASHIRWAD



MEDITATION AND YOGA FOR OUR "GOLDEN " MEMBERS
15/02/2020

AAROGYA



"WELL WOMAN "CLINIC
11/02/2020



TALK ON "WOMAN AILMENTS" BY
Lt Cdr Devdatt Pitale, Graded Specialist
Obstetrics and Gynaecology



GLIMPSES FROM THE MEDICAL CAMP

JAGRITI



**“STORY TELLING THROUGH THEATRE “WORKSHOP BY
MRS.VINDYA AYYAR FOR THE CHILDREN OF NCS KARANJA
27/01/2020**

PRAGATI



**“BAKING WORKSHOP” BY PASTRY CHEF MRS RADHIKA JAGAN
AT NWWA KENDRA
18/02/2020**



SPARSH

JOY OF GIVING

Class 10th students of NCS, Karanja visited Seabird Special school to celebrate Christmas. They also distributed caps, chocolates and handmade flowers to them.

21/12/2019



REACHING OUT

Distribution of Ration and Face masks to the labour camp inside the station.

13/04/2020



PRAKRITI



“MY GARDEN”, an online contest conducted for the ladies of the station where they were asked to send pictures of their garden.

22/05/2020—31/05/2020



“SHOW & TELL”, an online contest conducted for the children of the station where they have to pick a plant of their choice and explain it

KALAKENDRA ANNUAL DAY

10/02/2020



WELCOME DANCE



MARTIAL ART DISPLAY



GROUP DANCE BY THE TINY TOTS



SOULFUL MUSIC BY KEYBOARD



INDIAN FUSION DANCE



PAINTING COMPETITION PRIZE WINNERS
FELICITATED BY CMDE SHIRISH DUBE (SOK)

NWWA DIWAS CELEBRATION

LET'S ZUMBA !!!

14/02/2020



NWWA ANNUAL PICNIC

10/02/2020



VIP VISIT

Vice Admiral RB Pandit ,AVSM Chief of Staff , Western Naval Command visited NWWA Karanja on 29th January, 2020. He appreciated the facilities of the Kendra, and also distributed chocolates to our little ones in Early Birds School.



EARLY BIRDS PLAYSCHOOL CLASS OF 2019 -2020



NAVAL KINDERGARTEN, KARANJA

ANNUAL SPORTS MEET 2019-2020

07/02/2020



CONSERVATION OF WATER RESOURCES



Water is the single most important natural resource for life to thrive on planet earth. The combined mass of water found on, under, and above the surface of a planet earth, is called hydrosphere and can be conveniently divided into salt water and fresh water. We, as humans, need fresh water for sustenance and there is barely 0.3% surface fresh water easily accessible through rivers, lakes, reservoirs, out of entire 2.5% fresh water present in liquid and frozen form on earth. Surface and groundwater are two precious resources utilized by human population which need to be preserved, conserved and managed effectively to avoid acute and perennial water shortages.

Some major issues are being faced worldwide regarding water exploitation. Of them, first and foremost is water contamination rendering both the surface and groundwater unfit for human consumption. This is due to mixing of house hold sewage, adding pathogens, chemicals and waste water from industries, hazardous waste and leaching from landfills and spills etc. Another grave situation is over use of water along with destroying water bodies through reclamation for industries and other purposes.

Therefore, effective strategies involve maximum catchment of rain water on land through rain water harvesting, digging ponds, and tanks, expanding existing reservoirs to maximum limits, utilizing runoff water for irrigation and feeding wetlands that further recharge groundwater. Dams constructed on rivers help in storage of rain water and can be thus utilized during dry season of the year.

Water conservation day is celebrated on 22nd of March every year throughout the world for creating awareness about water conservation. Hence it is very important that efficient policies are prepared, along with all the efforts for designing strategies of water management. End users or consumers are educated upon the benefits of saving water, using it judiciously, recycling and reusing it for an appropriate purpose. Millions of gallons of water is wasted everyday without any remorse. An effective communication developing into a movement is the need of the hour if we are seriously worried about this limited resource, that is, pure and clean fresh water.

Dr. Anju Lakhumna
HM, NAD KG School, Karanja

'WATER ,WATER EVERYWHERE, NOT A DROP TO DRINK'

**Riddhima Hiremath
Class IX ,NCS Karanja**



It is a very old saying in a different reference to the situation.

But, this is exactly what we fear will happen very soon, if we do not wisely use and conserve our water resources.

Research shows that by 2025, India along with many countries will face a serious scarcity of water. Many regions in our country are currently undergoing the process of 'water stress'. According to a research by Fallen Mark, a Swedish expert on water, 'water stress' happens when the water availability falls below 1000 cubic meters per person per day.

Though blessed with large rivers like Ganga, Yamuna, Godavari, Narmada and others, India's socio- economic development has a lot to contribute to decreasing water resources. Rising population, industrialization, urbanization and modernization of agriculture, are the main reasons for the shortage of water. Some ways of saving our water resources are Dams and rain water Harvesting.

Dams

Dams are simply hydraulic structures that act as a barrier between the source and destination of flowing water. The water in this reservoir can then be used for a variety of applications like irrigation and municipal water supplies.

Rain water Harvesting

Rain water harvesting is one of the most efficient and effective ways of conserving water. It is more like recycling of natural water. In this, the roof top water which comes down as rain is harvested. It is practiced mainly in states like, West Bengal, Meghalaya, Rajasthan and Tamil Naidu. This water is then utilized for daily needs even after the rains are over

A Few useful tips to conserve water on a daily basis

- Be mindful of running water. Don't keep the tap running the entire time you're brushing your teeth or washing your hands. ...
- Fix leaks as soon as possible. ...
- Wash full loads only. ...
- Use a compost bin. ...
- Perform routine appliance maintenance.
- Check your toilet for leaks. ...
- Do not use your toilet as a wastebasket ...
- Take shorter showers. ...
- Install water-saving shower heads or flow restrictors. ...
- Use a broom to clean balconies and doorways
- Rinse your fruits and vegetables in a big bowl of water instead of running water

THERE'S NO PLACE LIKE HOME.....

- Mrs.Harpreet Kaur



Interior decoration plays a very important role in the transition of a house to a lively and vibrant home. Here are some useful tips to make your home beautiful

- ◆ By mixing interesting art, colourful textiles and upholstery, vibrant table lamps along one wall and a beautiful plant (Areca Palm etc) in the corner, then complementing them with a beautiful transparent coffee table to bring the living space to life.
- ◆ For instant impact paint one wall in the living room or bedroom in a bold, vivid colour. In a large room where you want to enhance a sense of enclosure and seclusion, opposing walls can be painted with the same colour.
- ◆ Warm blues, hot pinks or sunshine yellow, they all create a cosy space in a small room and detract from the room's natural dimensions. Remember that red will always warm and enclose, and white will always expand and lighten a space.
- ◆ Cosy up the space with rugs and cushions, if you want to add rich colour to your bed or sofa, consider choosing cushions in complementary colours.
- ◆ When choosing paint colours, always opt for a shade or two lighter than what you are naturally drawn to.
- ◆ Greenery in the form of large household plants in striking containers are good for defining different zones in a living room.
- ◆ Group together a couple of large-scale plants with bold leaves such as fig or rubber plant.
- ◆ For pictures, place them in frames that are decorative. Arrange smaller frames on a side table or window sill. But allow larger ones more space, spread them out across one wall or leave oversized pieces against a spare wall for a gallery feel.



◆ Flowers are a powerful decorating tool and floral design is a wonderful form of self-expression.

◆ You can use colourful, unusual vintage or plain vases, jugs, bowls or glass bottles to present flowers of your choice to add that little extra chutzpah to your home

sweet home...

(Mrs.Harpreet Kaur is an architect by Profession and a Fevicryl certified teacher. She has conducted many art classes and workshops at Kalakendra . Her you tube channel “Hunaft” showcases many art tutorials.)

ORGANIC COMPOST FROM KITCHEN WASTE

- Sneha Mishra



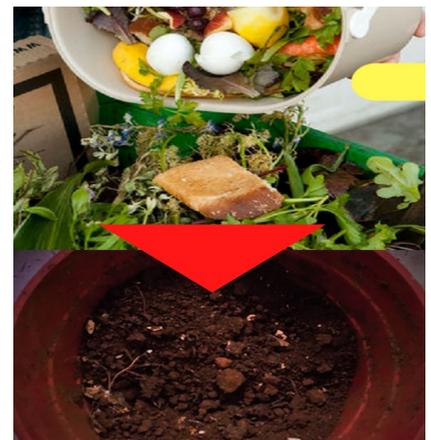
Why should we start making compost fertilizer at home?

We can transform our kitchen waste into rich manure to **grow** healthy plants, flowers and vegetables in our very own balcony. Keeping plants at home has not only health benefits but according to researchers it keeps us close to nature and also reduces stress and anxiety. Almost 60% of our daily waste generated from household organic matter which we throw in the dustbin, can be transformed into compost.

During **this lockdown period** I have not only tried **kitchen gardening** for the first time but also learned how to make **organic manure** at home.

Process

- ◆ Segregate dry & wet waste. Fruit and vegetable peels, tea bags, eggs shells as **Wet waste** in a separate container. I started with a plastic pot first. And later switched to a clay pot, which helps in faster decomposition. The compost turned out good. To avoid bad smell do not add meat or cooked food.
- ◆ Once this container is full, move the semi composed matter to a larger container.
- ◆ Add similar amount of **dry leaves**.
- ◆ To enhance the decomposition process, add a little curd or soured milk to the container.
- ◆ Cover it with soil.
- ◆ Leave the pot for 30-45 days as it is. Keep a small pot underneath the container which will accumulate **liquid fertilizer** and can be added directly in plants while watering.
- ◆ Within two months, your kitchen waste will be **converted** into **organic manure**.



Like any other initiative it does take some time to get used to this **environment friendly process**. But this way we get to conserve, nurture and contribute towards nature and is pocket friendly too. **Happy gardening!!**



Organic composed by minimising waste you help to keep the planet clean

COVID -19 MEASURES UNDERTAKEN BY THE STATION



FLU CLINIC



CONTACTLESS HANDWASHING



SOCIAL DISTANCING AT THE MARKET



TEMPERATURE SCREENING AT CANTEEN



ENTRY POINT SCREENING



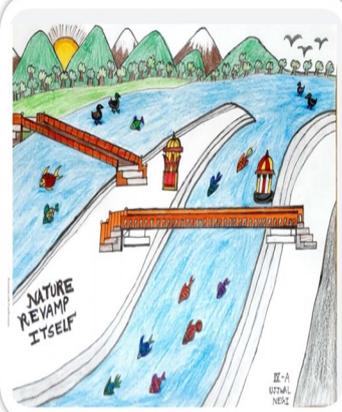
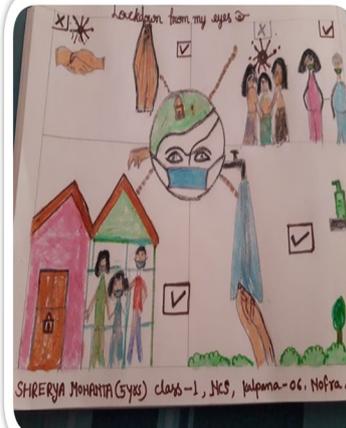
RATIONS FOR LABOUR CAMP



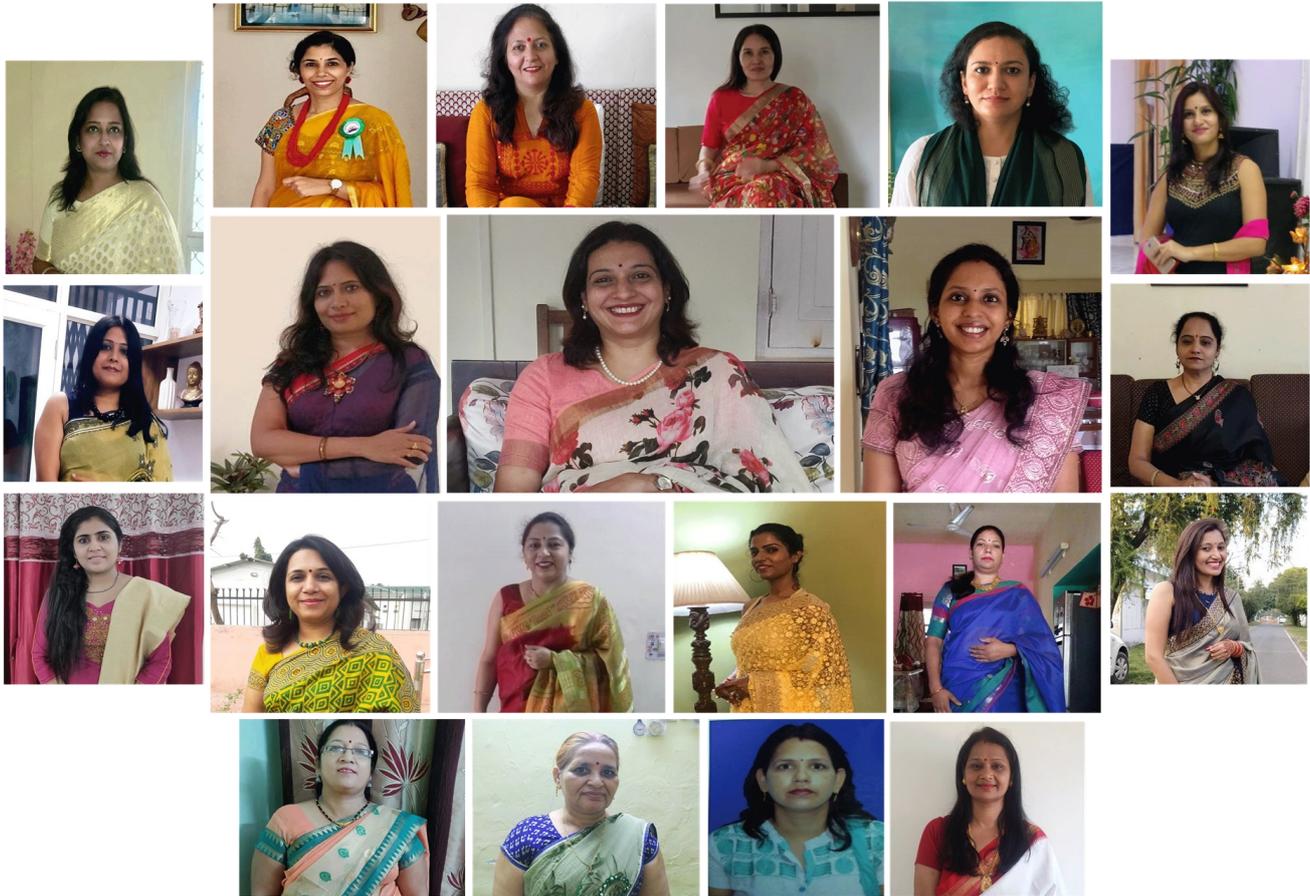
DISTRIBUTION OF FACE MASK TO DOMESTIC HELP AND THEIR FAMILIES

“LOCKDOWN THROUGH MY EYES”

ART WORK BY CHILDREN FOR AN ONLINE DRAWING COMPETITION



NWVA KARANJA COMMITTEE MEMBERS



TOP LINE : L TO R

*Mrs Neha Alok, Mrs Richa Ahuja, Mrs.Ruchi Anand, Mrs.Usha Rani,
Mrs Shuchi Bahuguna, Mrs Rupali Saini*

MIDDLE LINE :L TO R

*Mrs Suman Mohanta, Mrs,Suba Pradha, Mrs Akhila Reddy Dube,
Mrs Gayathry Rethish ,Mrs Pooja Kant*

3RD LINE :L TO R

*Mrs Lintu Lijo, Mrs Mamata Hiremath, Mrs Neelam Negi,
Mrs Garima Singh , Mrs Shashi Singh, Mrs.Sunita Wankhede*

BOTTOM LINE :L TO R

*Mrs Pushpa Barakoti, Mrs Prem Indoriya, Mrs Nandita Bagoriya,
Mrs Binu Singh*

COMMITTEE MEMBERS

CORE COMMITTEE

PRESIDENT / SAKHI	Mrs.Akhila Reddy Dube
SECRETARY	Mrs.Gayathry Rethish
TREASURER	Mrs.Suba Pradha

GROUP COORDINATORS

GROUP	GROUP COORDINATOR	ACTIVITY COORDINATOR	WELFARE MEMBERS
SANCHAR	Mrs.Ruchi Anand	Mrs.Gayathry Rethish Mrs.Anjali Sharma	Binu Singh
SAMUDRI	Mrs.Rupali Saini		Mrs.Sandhya
AROGYA	Mrs. Usha Rani		
SPARSH	Mrs.Richa Ahuja	Mrs. Mamata Hiremath Mrs.Lintu Lijo	
PRAGATI	Mrs.Neelam Negi	Mrs.Shashi Singh	Mrs.Pushpa Barakoti Mrs. Nandita Bagoriya
JAGRITI	Mrs.Neha Alok		Mrs.Binu Singh
PRAKRITI	Mrs.Suchi Bahuguna	Mrs. Garima Singh Mrs.Sunita Wankhede	
AASHIRWAD	Mrs.Pooja Kant		Mrs. Prem Indoriya
KALAKENDRA	Mrs.Suman Mohanta		Mrs.Pushpa Barakoti
SAUNDARYA			
EARLY BIRDS			

CLEAN , GREEN, SERENEKARANJA!!!!

