

NWWA COMMITTEE



From top (*left to right*) - Mrs Madhuri Sureddy, Mrs Parul Dalal, Mrs Charul Agarwal, Mrs Shamiya Khan, Mrs Bhagyashree Sangle, Mrs Garima Sharma, Mrs Nidhi Seth, Mrs Gargie Rao, Mrs Ranjeeta Singh, Mrs Harman Singh, Mrs Sonali Belliappa, Mrs Aditi Pant, Mrs Poornima Srinivas (*President*), Mrs Fanny Chakrabarti (*Vice-President*), Mrs Neha Shrivastav (*Treasurer*) and Mrs Jaipreet Kang (*Secretary*)



MESSAGE



MRS SAPANA CHAWLA **PRESIDENT NWWA (SR)**

*“Earth provides enough to satisfy every man's needs, but not every man's greed.”
- Mahatma Gandhi*

Located in the cool climes of the Western Ghats, the effervescency of Lonavla proudly displays Duke's Nose, bringing the mountains to life. In these environs, nestles Station Lonavla with the happy, well-knit and involved members of NWWA Southern Region.

In my opinion, the most beautiful aspect of naval wives is their ability to voluntarily dedicate their skills and talents for the benefit of the naval community. And NWWA, in turn, offers ample opportunities in this regard. It gives me great pleasure to acknowledge the efforts of the team of dedicated and talented women at Station Lonavla, who have stepped forward willingly and contributed for NWWA in diverse fields – art & craft, baking, teaching and learning to implement several creative ideas, etc. Their specific accomplishments in workshops, in creating meaningful products for Samudri and lending a helping hand at various social and cultural events are noteworthy. Attention has also been paid to working with nature by being a part of various plantation drives at the Station, encouraging use of paper and cloth bags and working with eco-alternatives by conducting workshops on making eco-friendly items. This edition of Varuni, aptly showcases all the efforts by the ladies of the Station.

I would also like to speak on a subject which is very close to my heart – Environment Conservation. With global warming on the rise, it is the need of the hour to bring about changes in our daily lifestyle. Each of us has to take charge of

the looming risk, climate change and our carbon footprint on the globe. Segregation of garbage, reduced use of plastic and electricity, and fuel check are de rigueur. Station Lonavla is richly surrounded by the flora and fauna. Let's conserve this bounty of nature and take an oath of 'no plastic' or 'single-use plastic'. Plastic is ageless and is becoming a part of our food cycle without us realizing it. We, at Southern Region, have taken this very seriously and are spreading the word in schools and villages across. We have asked children to use only steel or Copper or glass water bottles and steel lunch boxes.

Goals for 2019-2020 - increase the happiness quotient of the Command, beginning with you, yoga, meditations, hikes and more outdoor activities. Encourage Sailors' wives to broaden their horizons by introducing Heritage Walks and interactive sessions. Conduct orientation and Marriage counseling capsules. Each coffee morning or Milan should have half an hour of entertainment and the other half hour of education. There should be some message at each event.

Moreover, with the impending award of 'President's Colours' to INS SHIVAJI, early next year, on the momentous occasion of INS SHIVAJI'S Platinum Jubilee, I am sure NWWA members at Lonavla would be working hand-in-hand with the Officers and men in preparation of all events planned. I personally look forward to this wonderful occasion where our NWWA members, I am more than certain, would rise to the challenge and make the Platinum Jubilee celebrations a resounding success.

With a thank you to NWWA, Station Lonavla for their positive contribution to NWWA, SR, I wish them the very best in preparations for the forthcoming Platinum Jubilee celebrations and all future endeavours.



Mrs Sapana Chawla

President NWWA (SR)



MESSAGE



MRS POORNIMA SRINIVAS
PRESIDENT NWWA
STATION LONAVLA

Dear Ladies,

As I pen down these few lines, it is a mixed feeling of strong emotional connect with NWWA at Station Lonavla and a sense of pride for all the accomplishments of the Team here in the last 21 months of my association as President. Time has literally flown by but left me with a phenomenal sense of achievement and satisfaction!

Going back in time, the last two editions of Varuni with the themes '*Imprints*' & '*Green Wave*' made a very significant impact on the readers minds. While the '*Imprints*' edition covered some of the people who selflessly contributed to Shivaji all these years, the '*Green Wave*' edition put forth the spirit of the ladies in making the Station greener and plastic free.

The years 2018 & 19 have been eventful and some very meaningful work, adding value to the Naval community, has been done by our ladies. As a cohesive team, we could accomplish several tasks almost in every field of NWWA contributing immensely. Be it the upgradation of the Kendra itself to its present form, workshops and orientation programmes for the ladies, complete revamp and revitalisation of Samudri Shop, streamlining procedures of NWWA functioning according to Standing Orders, significant value additions in various social, charity and welfare activities, green wave oriented initiatives etc. All these had a great deal of creativity and had been pursued with a lot of passion by our ladies, making them the 'Unsung Stars' in true spirit.

It is in this backdrop that the current edition of Varuni has been given the theme '*The Force Within*', aptly connecting with the creative and selfless contribution of the ladies. My heartiest congratulations to Team Sanchar for their efforts in bringing out another invaluable edition of Varuni.

I would like to convey my sincere thanks to Mrs Sapana Chawla, President NWWA (SR) for her constant guidance & support. I also take this opportunity to thank the Station Commander, Officers and Men for all the co-operation extended to NWWA consistently.

It is my firm belief that the bonhomie and collective sense of purpose exhibited by Team NWWA of the Platinum Jubilee Year Commission is the harbinger of change in this fast moving world of today and I wish each of the team members and their families a wonderful year ahead.

Happy Reading!

Jai Hind...

Mrs Poornima Srinivas

EDITORIAL

Dear Readers,

When we stepped into this Station, nearly 17 months ago, we knew we were being a part of history in-the-making since INS Shivaji was closing in on events leading up to the Platinum Jubilee year. Heading the NWWA Sanchar team as Group Co-ordinator, felt special and we were determined to bring out something different, and meaningful. Two newsletters done, each unique and close to our hearts, and the third in the running - it has been a journey of learning, of reinventing, of discovery, of challenges, some amazing and 'fun' teamwork, beautiful friendships and best of all, having a leader in Mrs Poornima Srinivas, our President here, who supported us all the way.

Somewhere, we have also been fortunate since we had the opportunity to exclusively 'showcase' the art and craft of the gifted NWWA ladies in this edition (personally, being a big Star Wars fan, it is only natural that the team conceded and agreed to call them the 'Force'). We hope, the pictures of their handiwork, in the pages inside, speak for themselves.

We have also carried a special feature on the inaugural event, leading up to the Platinum Jubilee in February 2020.

I hand over the Sanchar 'baton' shortly, as we move to another station. My stint here has been the most memorable.

Best wishes and cheers!

Mrs Fanny Chakrabarti
Editor



Sanchar Team (left to right) - Mrs Charul Agarwal (Activity Co-ordinator), Mrs Harman Singh (Activity Co-ordinator), Mrs Poornima Srinivas (President), Mrs Fanny Chakrabarti (Group Co-ordinator) and Mrs Nidhi Seth (Activity Co-ordinator)

OUR STARS , OUR STRENGTH

Meet the multi-talented ladies of NWWA, Station Lonavla

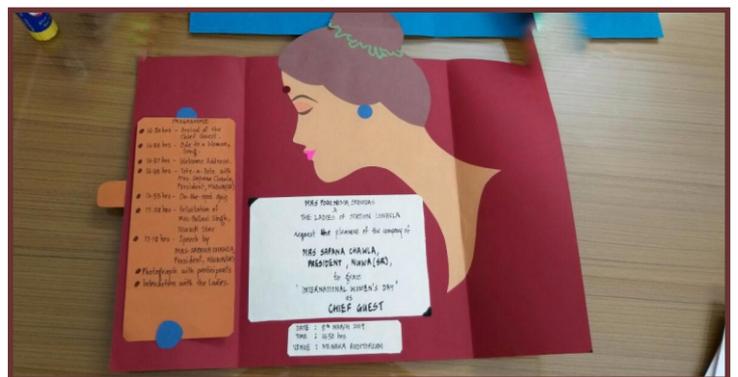
MRS SHAMIYA KHAN (W/O LT CDR ANAS REHMAN), GIFT WRAPS & INVITES



NWWA, Station Lonavla, reaching for the stars



MRS RANJEETA SINGH (W/O CDR PK SINGH), ART & INVITES



OUR STARS , OUR STRENGTH

MRS RAMYA NISHANT (W/O CDR N NISHANT), DOODLES, ART & CRAFT



MRS FANNY CHAKRABARTI (W/O CMDE AK CHAKRABARTI), ART



OUR STARS , OUR STRENGTH

MRS SHUKLA NANDI (W/O NANDI SUDIPTA, POLOG-STEWARD), MACRAME WORK



MRS ANSHU CHOWDHURY (W/O LT HARINDRA SINGH), ART & INVITES



OUR STARS , OUR STRENGTH

MRS VEENA SEETHARAMAN (W/O CDR V SEETHARAMAN), ART & JEWELLERY



This Dussehya, let us be aware of our Multi headed monster of desires and seek the divinity within Us.

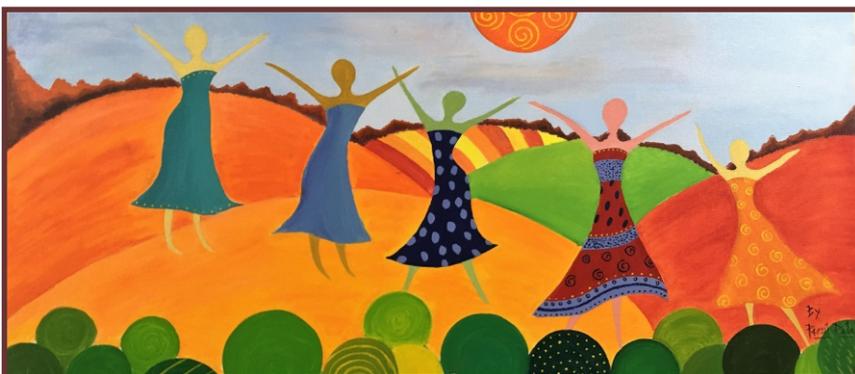
Dear
Mrs Srinivas (President, NNWA)
NNWA Care Committee

May we free ourselves from self imposed Bondages and limitations!

Team NKG cordially invites you all for the Dussehya Celebrations at NKG on 30th Sep 2017 at 10:00 am.
Warm Regards

A stylized green face with multiple eyes, a bindi, and decorative elements, set against a green background.

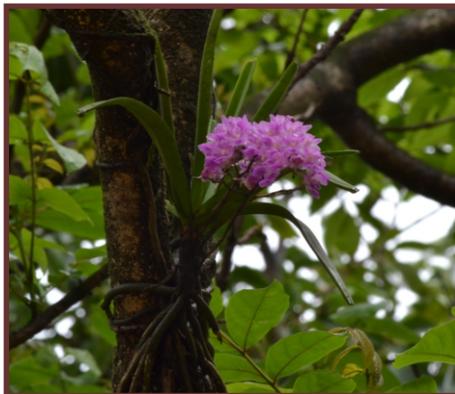
MRS PARUL DALAL
(W/O CDR ABHIMANYU DALAL), ART



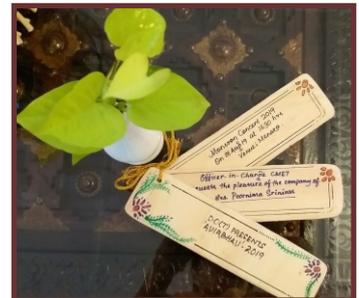
OUR STARS , OUR STRENGTH

Showcasing in-house art and photography skills

ACE PHOTOGRAPHER - CAPT PCS BELLIAPPA



Painting on Shivaji House door

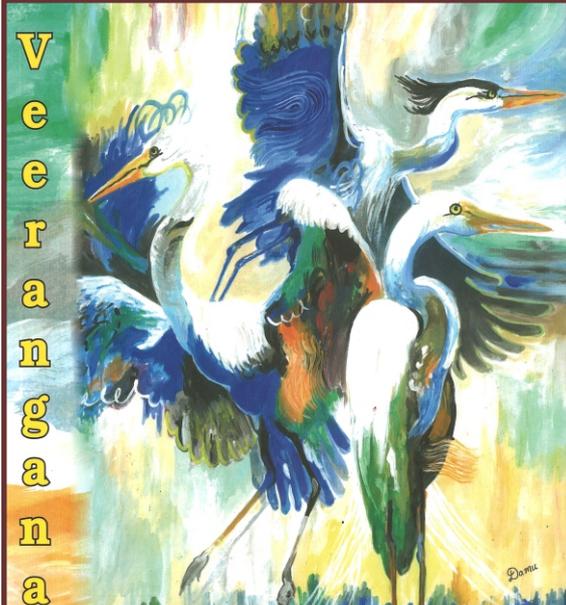


DO (T) Invites for Monsoon Concert

DO(T) WONDERS



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M Damodhar
COVER DESIGN

The painting 'Lift Off' by the famous abstract artist Timothy Parker signifies the power of unity. The flock of Pelicans, taking off, symbolize a group of people with similar interests or characters. The loom birds of a feather flock together is subtly depicted through the painting. A bond, strengthened by the emotional and spiritual ties shared between the ladies, leading to a healthy and empowering lifestyle.

The painting is in line with NWWA's role in instilling all its members not only with professional prowess but also with financial independence and entrepreneurial skills.

ABOUT THE PAINTER

The Painting titled 'Lift Off' was made by M Damodhar, LAOM, 237261F.

The Sailor underwent Air Mech course at INS Shivaji from 15 Sep 18 to 02 Mar 19 and is currently continuing his training at NIAT (Kochi). He is a passionate painter and has undertaken numerous art works during his time spent at Painting Club in Divisional Organisation (Trainees) at INS Shivaji. He has been painting since the last 3 years.

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M Damodhar, LAOM, receiving a cash award of Rs 15,000 from Mrs Reena Lanba, President NWWA, for the winning entry for the Veerangana 2019 cover design

'ROYAL & REGAL' MILAN

*Glimpses of the 'Special Milan', hosted for
Mrs Reena Lanba, President (2016-2019), NWWA*



Royal & Regal Fashionistas



Mrs Poornima Srinivas addressing the gathering



A token of love



Dancing Divas

'ROYAL & REGAL' MILAN



The NWWA family



Mrs Reena Lanba signing off



'Green' give-away



Mrs Reena Lanba with the participants of the Milan

PLATINUM SPECIAL

The lead-up to the Platinum Jubilee in February 2020, kicked off in March 2019 with a gala inaugural event, a motor car rally and several others programmes.



Welcome to 'Fort' Shivaji



Unveiling the Platinum Jubilee Logo



Adm & Mrs Lanba with the participants



The talented Trainee Officers

PLATINUM SPECIAL



Mrs Lanba gifting a cheque to NGO Balgram



Mrs Sapana Chawla with Mrs Reena Lanba



Meet & Greet at Shivaji House



At Shivaji House with the CNS



Station Reception for Adm & Mrs Lanba

PLATINUM SPECIAL



The Motor Car Expedition Team



The Veteran Guests at Shivaji House during the Institution of Distinguished Chair for CoE (ME) Event



The NBCD Seminar

ACTIVITY REPORTS

WELFARE COMMITTEE



Welfare Committee (left to right) - Mrs Geeta Goswami, Mrs Sonali Beliappa (Group Co-ordinator), Mrs Sushma Charak, Mrs Kamlesh Yadav, Mrs Poornima Srinivas (President), Mrs Ramita Singh, Mrs Nirmala Yadav & Mrs Vijaylakshmi Singh



International Yoga Day



Eco-friendly 'thali' decoration competition

ACTIVITY REPORTS

KALA KENDRA



Puppet story-telling workshop by Mrs Rinti Sengupta



Gift-wrapping workshop by Mrs Shamiya Khan



Art & Craft class

UDYOGIKA



Mrs Madhuri w/o Mr Sanjay Yike, a Defence Civilian employee at the INS Shivaji Telephone Exchange, has one arm, and has used 'Khun' fabric innovatively to design and stitch the eco-friendly cloth bags for Udyogika



Bottle art and saree tassle-making workshop

ACTIVITY REPORTS

SAMUDRI



Unused 'kadai' converted innovatively into a plant stand, alongside eco-friendly plants



Books on sale



Plant Love



Old sewing machine in a 'lamp' avatar

SANCHAR



'Go Green' Varuni Mar' 2019 edition release



Handmade festive gift hampers



Organic Kalamkari corner

ACTIVITY REPORTS

BALWADI



Parent-Teacher orientation



Graduation ceremony



Independence Day celebrations

LITTLE ANGELS



Graduation ceremony at Little Angels

OUTREACH



Visit of children from Shikshangram Orphanage & volunteers from Anam Prem

ACTIVITY REPORTS

ARCHIVES



Archiving with picture boards

AROGYA



Breast-feeding & child care lecture

PRAKRITI



Eco-friendly Ganesha idol-making workshop



NWWA Prakriti butterfly garden in the making

NWWA WORKSHOP



Explaining the working of Balwadi



A television set gifted to Balwadi by the Commanding Officer & ICC 37 coursemates



Team Shivaji at Samudri



Udyogika ladies interacting with Commanding Officer



At the 'nerve centre' at NWWA Kendra

NWWA WORKSHOP



Mrs Neha Shrivastav opening the workshop



Archives board



Team Station Lonavla



All smiles



All ears

AGM 2018-19

The Annual General Meeting (AGM) of NWWA, Station Lonavla, was held on 24th July 2019. It began with a welcome address by Mrs Poornima Srinivas, President NWWA, Station Lonavla. The AGM included a presentation on NWWA activities and financial report 2018-19, with a debate on 'Would I encourage my daughter to join the Armed Forces?' The winning debate team and raffle winners were felicitated by Mrs Srinivas.



Mrs Poornima Srinivas addressing the ladies



AGM in progress



Team NWWA Shivaji at the AGM



'Girl child in the Forces' debate



The debate winning teams

FAREWELLS



Mrs Jaipreet Kang, Secretary



Mrs Jyoti Ankalgi, Group Co-ordinator, Prakriti



*Mrs Sonali Belliappa, Group Co-ordinator,
Welfare & Kala Kendra*



*Mrs Madhuri Sureddy, Activity Co-ordinator,
Samudri*



Mrs Nidhi Seth, Activity Co-ordinator, Sanchar



Mrs Ramya Nishant, Activity Co-ordinator, Sanchar



Mrs Shamiya Khan, Activity Co-ordinator, Kala Kendra



Mrs Kanti Singh, Welfare Committee

SIGNIFICANT ACHIEVEMENTS OF TEAM NWWA 2018-19

With Welfare & Community Support regarded as focus areas, various courses, workshops & health talks were conducted. Keeping fitness in mind, free yoga classes from Kaivalya Dham Yoga & Research Institute, cycling and trekking were initiated. NWWA Kendra, Udyogika and tuition rooms were improved aesthetically. Increased focus on interaction with ladies resulted in maximum participation by ladies in all NWWA & Station events. A Library facility was set up in the Welfare Centre at NSB. Orientation programmes for the newly-wed officers' & sailors' wives were conducted to introduce them to Naval ethos, customs and traditions.

On the education front, the Balwadi School was renovated and upgraded. The admission procedures at the School were streamlined. The Little Angels School was handed over to the Indian Navy, in line with the Standing Orders.

As part of our outreach programs, initiated tie-up with an NGO - Committed Communities Development Trust - to sell the artwork made by the children. Connecting with NAB Lions Home (Home for the Ageing Blind), donation boxes were set up at the Station Canteen and Regimental Shop 'Niharika' to encourage the community to donate essentials & toiletries to the ageing blind. Also interacted and connected with volunteers of AnamPrem - an organization involved with charity work.

Samudri Shop underwent a complete transformation with renovated premises, uniform for the staff, a new billing software, POS machine for digital payment, CCTV surveillance and introduction of special NWWA gift-wrapping paper and paper bags. Special handmade items by the ladies, a counter for products made by NAB Lions Home, 'Khun' fabric items by Udyogika, an exclusive plant stand with succulents, air purifying and water plants were other value additions. A wheelbarrow with various types of seeds on sale, encouraging gardening in the Station was also an initiative.

An Archives Team was set up to collate and gather information on NWWA activities of the past and present. An Archives board with a collage of all photographs collected was made and all the Varuni Newsletters published until now were archived.

In support of the Station's green initiatives, the ladies participated actively in all the plantation drives and successful implementation of waste management project by ensuring segregation of waste at homes. A butterfly garden was also created near the Officers' Mess to preserve the fauna. NWWA Star was awarded to Mrs Pallavi Singh from the Station in recognition of her selfless contribution towards creating an eco-friendly garden at the Inner Gate.

A painting titled 'Lift Off' by M Damodhar, LAOM from the DO(T) Painting Club was chosen as the winning entry for Veerangana 2019 cover page.

VISITS



Veteran First Ladies at NWWA Kendra



Mrs Avanti Nadkarni at Balwadi



Mrs Archana Raghuram at Samudri



*Mrs Anita Puri, w/o
Mr Aditya Puri, MD, HDFC Bank*



Mrs Rakha Banerjee at Samudri

