

SEPTEMBER 2020

LOCKDOWN TIMES IN
KARWAR

Karwar



NAVY WIVES WELFARE ASSOCIATION
KARWAR

NWVA COMMITTEE AND SUB-COMMITTEE MEMBERS



COMMITTEE MEMBERS

Sitting L-R: Mrs. Archana Reddy, Mrs. Sujata Dey, Mrs. Devaki Maddula, Mrs. Leena Arvindan, Mrs. Manita Singh, Mrs. Mamta Dhankar, Mrs. Renu Singh, Mrs. Nidhi Gupta, Mrs. Sangeeta Govindrajan

Standing L-R: Mrs. Raksha Sheron, Mrs. Jyoti Reddy, Mrs. Shradha Kartik, Mrs. Kshema Chakrapani, Mrs. Madhura Pathak, Mrs. Richa Padmawati, Mrs. Jai Gokhale, Mrs. Mohini Singh, Mrs. Ankita Debnath, Mrs. Ramya Abhinand, Mrs. Anuja Khalatkar, Mrs. Uma Haldi, Mrs. Meena Tiwari, Mrs. Pratibha Bhartiya



SUB COMMITTEE MEMBERS

Sitting L-R: Mrs. Shradha Kartik, Mrs. Leena Arvindan, Mrs. Manita Singh, Mrs. Mamta Dhankar, Arti

Standing L-R: Vandana Singh, Dipti, Chaina Mondal, Pushpa Thakur, Anamika, Renu, Babita Sinha

COVER PAGE DESIGNED BY: Ayesha Singh Bisen

MESSAGE FROM PRESIDENT NWWA (KARNATAKA)



Dear Ladies,

In March 2020, Covid-19 knocked our doors and soon became our ‘Bin Bulaya Mehman’ and brought our lives to a complete stop. Now more than ever, the world seems smaller as we all huddle together to fight a common enemy. But even during these testing times, we have all had the time and space to explore our inner talents, spend precious time with our loved ones and celebrate good health and wellness.

Amidst, all this difficulty lies great opportunity and it is indeed a feeling of great satisfaction to see the Karwar Base happily bonded and evolving into a harmonious environment. Over the past few months, we have all actively been part of various online engaging initiatives for both the members of NWWA and

their families. These initiatives have given each participating individual the opportunity to productively express themselves and work towards a common good.

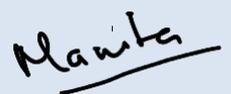
I would like to share my heartfelt thanks to all Karwar families, NWWA committee members and volunteers for their unstinted support and cooperation. From women awareness to women empowerment, we jointly rolled out many initiatives and still have a long road to walk together.

The young Naval Wives, who are the future stronghold of our community have been the idea pillars of the NWWA roots. We have and shall always look up to our young members for their valuable suggestions, creative ideas and whole hearted support towards NWWA. I am sure “together we can and we will” and I look forward to everyone’s continued contribution in our future ventures.

I would also like to share a big round of applause for Varuni team, who have put together the newest edition of Varuni successfully. Their team work is commendable and truly brings out the true essence of the ‘Lock Down’ times in Karwar.

Monsoon is the most celebrated season of India and it surely paraphrases KARWAR. The Monsoon brings a special splendour to Karwar, with the misty hills, lashed rains and the base cloaked in radiant green. As we continue to conquer the challenges being posed by COVID, I am sure that the days ahead dotted with the festive season will bring in more cheer and smiles.

Stay safe!



Manita Singh

President NWWA, Karwar

FROM THE EDITOR'S DESK

Welcome to the lockdown edition of Varuni! Life has changed completely for all of us with the COVID taking all of us by surprise. Challenging times for everyone across the ages! Even through the pandemic, life seems to have remoulded itself, with the focus shifting inwards, drawing more attention on family times, importance of healthier eating habits, hygiene, social distancing and more. Overall, gearing each one of us to face the pandemic and do whatever was required to stay safe and healthy.

While this edition talks of the various challenges people faced, it also highlights the new found hobbies and enhanced creativity that people were able to find time for. A way to survive and that too, happily, in the new world order.

Happy reading! – Mrs. Manisha Rao

TEAM SANCHAR



Mrs. Neha Lohani Gupta



Mrs. Swapna Joy



Mrs. Manisha Rao

We look forward to hearing from you at: karwarsanchar@gmail.com

Back Cover Credits: Ladies and children of Karwar

WE WELCOME...

Mrs Reshma Khan (Secretary), Mrs Prema Ravikumar (Welfare), Mrs Shilpi Verma (Samudri), Mrs Deepa Nair (Tarsh), Mrs Swapna Joy (Sanchar), Mrs Manisha Rao(Sanchar), Mrs Neha Lohani Gupta (Sanchar, Jagriti), Mrs Sheeja Biju(Kendra in charge)

MY LOCKDOWN DIARY...

I was supposed to come to Karwar in March 20, but couldn't because our flight got cancelled because of the lockdown due to Covid 19. Oh! what a nightmare! Before coming to Karwar, we were in Jamnagar. We had handed over our house and the next day our flight got cancelled! My little brother, my mother and I were stuck now! We tried a lot to be happy but couldn't because we were not able to meet our father as he was in Karwar. We were staying in transit mess of Jamnagar. Cmde. & Mrs. Patney made sure that we were safe and provided us with all the facilities which were required by us and made sure that there was a home away from home for the three of us. The kind of comfort and support which the Valsura parivaar gave us will always remain etched in my heart. Days passed and then months! Finally, in the first week of June, something really amazing happened. We reached Karwar! I was thrilled to reach Karwar after so many days as I will be able to meet my father. It was a dream come true. We were in quarantine for fourteen days. Finally, I met my father after 140 days. Those 2.5 months taught me that accept your new reality, even if it's not as good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good. So, keep going!!

- Mohd. Ebrahim Khan (Class 5)



CORONA TALES

- Mrs. Madhura Pathak



We never knew that the words like ‘Pandemic’, ‘Lockdown’ or ‘Quarantine’, limited to write ups or glossary, would become so very colloquial!

Since the beginning of the year 2020, we have been experiencing the greatest pandemic of the century. Perhaps, the year 2020 has come with a rather gloomy face.

No doubt, we are talking about the ‘COVID-19’ global situation.

This deadly infection is spreading its wings at a very fast pace and has forced the world to shut down. The virus shows neither mercy nor any bias towards anyone. The poor or rich, men or women, aged or babies. It spares no one once exposed to the risk.

These trying times have taught us a lot. It has rather shown us how busy we have kept ourselves running after little things.

This lockdown period has indeed taught us to count our blessings. In other words, we have now learnt to "VALUE WHAT WE HAVE "rather than crib over little things.

Our blessings and fortune have always been there with us. But identifying them is the most precious gift of the lockdown.

Utilizing every bit of the supplies and not wasting anything is a major lesson we have learnt.

Mother Nature is also very happy and grateful to the lockdown, as there is a sudden slowdown in the human activities and, thus, giving a fair enough chance to the other species to thrive.

This lockdown period, seemingly so long, has also given us an opportunity to catch up with our forgotten hobbies and learning a lot of new things as well. Simple things like having meals together, which means more family time, gives immense pleasure. The more time we invest in our kids, we automatically create a better society for tomorrow which is again a valuable gift for the generations to come.

We have learned so much from this situation! Let us be further optimistic and pray that we get rid of this situation very soon, as there are many who are not as privileged as we are.

WHEN LIFE GIVES US LEMONS...

When life gives us lemons, some make lemonades, some make pickles and some throw it back at life. But I made a mocktail of it!

The lockdown has turned everyone's life topsy turvy. The whole world came to a standstill. Our routines were disrupted – or did we adopt a whole new routine? We were so used to our domestic helps assisting us in our daily chores. When they stopped coming, most of us panicked. How were we going to do chores, especially with our little ones around? But we did learn to toggle everything – like the 'sheroes' we are!

I too panicked like everyone else. I work from home, so my office hours too got affected due to the domestic help's absence. I started getting irked at little things. And then came the icing on the cake – Cyclone Nisarga. The strong winds and rain flooded my bedrooms – even though I live on the 7th floor. There was so much water. Sealing the windows with plastic covers did not seem to be helping. I took my daughter and my pet to the living room.

Once the winds and rains subsided, I opened the door and moved the furniture and cleaned all three rooms thoroughly. It took me the entire afternoon. But once it was cleaned and disinfected, I took a step back and looked at the rooms. There was a wave of positive energy due to the vigorous cleaning I had done. Every nook and corner had been mopped clean with a disinfectant floor cleaner. If one afternoon of cleaning the rooms so well could make me so happy, imagine how I ought to feel when I am cleaning the house every day. So, I started enjoying sweeping, dusting and cleaning the house. I made it a point not to stress over it and deep cleaned one room a day. I learnt to prioritize my chores. The sense of satisfaction it gave me was immeasurable.

The food outlets and NOI were shut. But I was so thankful to the Navy for putting our basic needs above everything else. The grocery trucks made their rounds frequently, ensuring we never faced dearth of groceries and vegetables. Ladies shared recipes and pictures of home-made food. Everyone became health conscious in a move to improve our immunity. I enjoyed cooking for my family and taking care of their health even more.

I learnt to appreciate nature. There can be no better place than Karwar to experience nature during the lockdown. I took to photography with my humble Samsung Phone and started a blog to post my pictures in. It received a lot of appreciation, motivating me even more.

The thing I am thankful to the most is having my family with me and getting to spend time with them. Saturdays and Sundays were my sabbaticals where I wouldn't do any house work, except cook simple healthy food. I sat with my husband and daughter watching movies and playing board games. We would go for walks with my pet in the evenings. Bruno became a favourite among the kids here. They would flock around him and smother him with love each time I got him down and I felt thankful for the wonderful kids. They are such a delight to be around, thanks to the parents who have instilled in them good values and manners.

To conclude, the lockdown has taught me to be thankful for every challenge life throws at us. Every challenge is a new opportunity for us to learn, grow and mature into better individuals. Thank you, team Sanchar, for helping me realize this while I was thinking of what to write about my experience with the lockdown!

- **Mrs. Nithya Ragunath**



NWWA ACTIVITIES

SPARSH – Lending a helping hand **Coordinator: Mrs. Kshema Chakrapani**



NAVJYOT NILAYA



OUTREACH AT ASHA NIKETAN SCHOOL KARWAR (A SCHOOL OF DEAF AND DUMB CHILDREN).



SUPPORT TEAM AT SARASWATI VIDYALAYA KARWAR



HELPING HANDS AT MOTHERS HOME KARWAR

JAGRITI – Holistic Development Coordinator: Mrs. Neha Lohani Gupta



STORY TELLING ACTIVITY FOR THE CHILDREN OF NAVAL KG SCHOOL, KARWAR



TALK ON PUBERTY FOR NCS STUDENTS

PRAKRITI – Caring for our environment

Coordinator: Mrs. Mohini Singh



DIYA DECORATION



PORTA CABIN PAINTING ACTIVITY

PRAGATI - Honing skills

Coordinator: Mrs. Leena Arvindan

Activity coordinators: Mrs. Mamta Dhankar, Mrs. Prema Ravikumar



KITE FLYING AT KADAMBAVANAM



TEACHERS DAY CELEBRATIONS



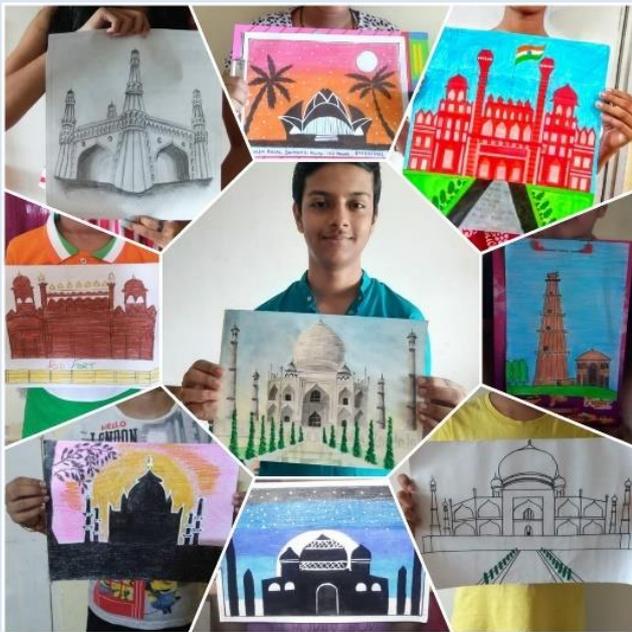
ETHNIC WEAR COMPETITION



SAND SCULPTING AT KADAMBAVANAM



HINDI DIWAS CELEBRATIONS



INDEPENDENCE DAY ART COMPETITION



JANMASHTAMI FANCY DRESS



RAKHI MAKING COMPETITION

ORIENTATION PROGRAMME FOR NAVAL WIVES

ORIENTATION CAPSULE PROGRAM FOR NEWLY WEDDED NAVAL WIVES



DISPLAY OF MESS RULES BY MESS SECRETARY FOLLOWED BY BASE TOUR



KALA KENDRA

Coordinator: Mrs. Devaki Maddula
Activity coordinator: Mrs. Dimple Kamal



DIYA DECORATION



SAND SCULPTING



MOTHER-CHILD SAND SCULPTING



CAKE FROSTING ACTIVITY FOR KIDS



CARD MAKING ACTIVITY



MOTHER-CHILD DANCE ACTIVITY



KITE FLYING AT KAMAT BEACH



INDEPENDENCE DAY



RANGOLI MAKING COMPETITION

ARCHIVES

COORDINATOR- MRS. SUJATA DEY

KALA KENDRA ANNUAL DAY



SAUNDARYA

Coordinator: Mrs. Renu Singh

Activity coordinator: Mrs. Dimple Kamal



UDYOGIKA

Coordinator: Mrs. Meena Tiwari



MASK MAKING

AASHIRWAD

Coordinator: Mrs. Jai Gokhale



SENIOR CITIZEN VISIT TO DURGA MATA TEMPLE, SADASHIVGAD

TARSH

Coordinator: Mrs. Deepa Nair

Activity Coordinators: Mrs Uma Haldi, Mrs Meena Tiwari



"As rightly said by Henry Ford, "Coming together is a beginning, keeping together is progress, working together is success!" NWWA, Karwar, has added yet another feather to its cap, with the grand opening of its Block Printing unit, (Tarsh), exclusively for the benefit of all Naval wives.

Under the able guidance of President, NWWA Karwar, Mrs. Manita Singh, this mission could be accomplished. Tarsh had its proud moment when she inaugurated the new Block printing unit on 05 December 2019 at the NWWA Kendra premises.

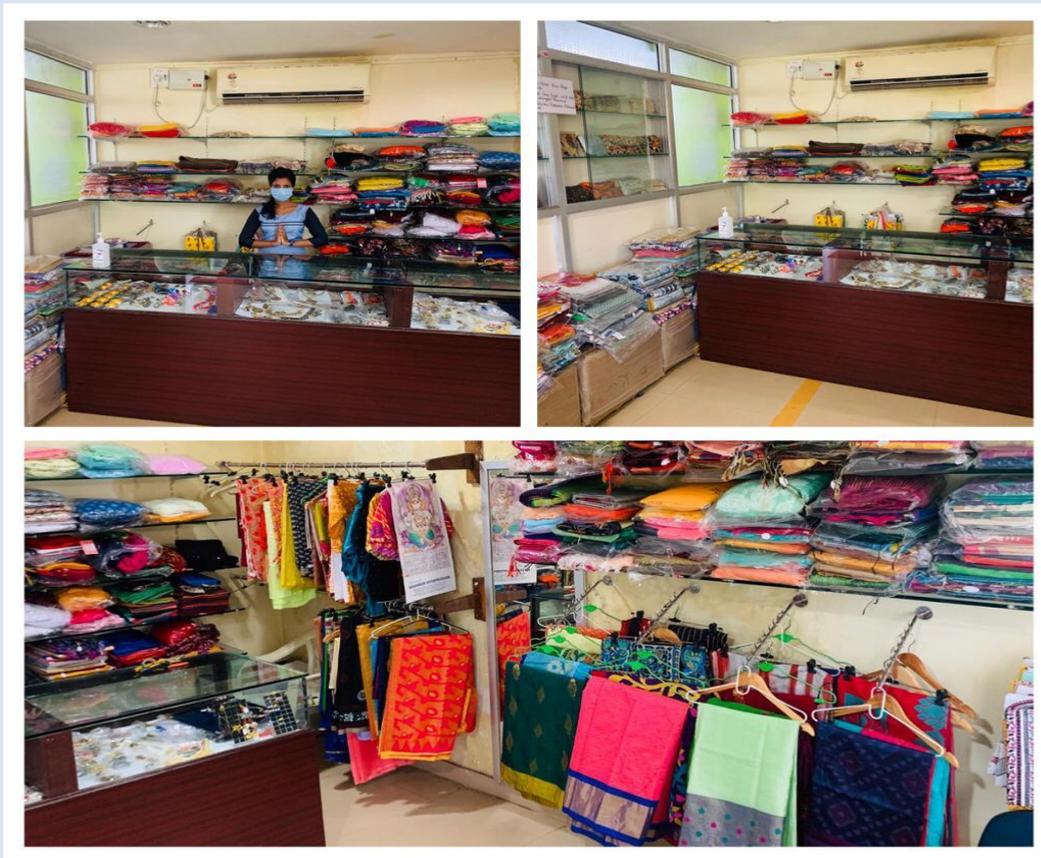
This new unit has a welcoming atmosphere with a grand display of clothing, eco-friendly shopping bags, wrapping papers and gift bags which have exquisite, subtle block prints on an array of fabrics and papers.

The very first batch of ladies for learning this craft, showed great enthusiasm in learning each and every step involved in the process to achieve perfection. They even volunteered in preparing the first stock of articles for setting up Tarsh stall in Navy mela 2019.

The encouraging sales further boosted their confidence and creativity. The next batch of learners are waiting in queue to put their hands to this beautiful craft. The unit has thus already proven it's mantle, stability and success in the long run."



SAMUDRI
Coordinator: Mrs. Shilpi Verma



SHOPAHOLICS' DELIGHT!

WOMENS' DAY CELEBRATIONS



YOGA AT THE BEACH

NWWA DIWAS CELEBRATIONS

NWWA Karwar celebrated the 34th NWWA Diwas with great zeal. More than a week long celebrations commenced following the theme of NWWA this year 'Touching lives through welfare'.



CAKE CUTTING



YOGA WORKSHOP

AQUA ZUMBA



FOLK FITNESS BY PRAGATI



BEST OUT OF WASTE BY KALAKENDRA



SAND ART AT KADAMBAVANAM BY PRAGATI



PORTA CABIN PAINTING ACTIVITY BY PRAKRITI



TREE PLANTATION BY AASHIRWAAD



SAUNDARYA WORKSHOP ON HYGIENE CONDUCTED BY MRS. USHA SISODIYA

VIP VISIT



**Mrs. Sunita Kumar, President,
NWWA(WR) maiden visit to NWWA
(Karwar)**



Mrs. Sudha Shrikant 's visit

VIP VISIT – MRS. SUNITA KUMAR



Mrs. Sunita Kumar, President NWWA WR, visited Karwar on 25th September, 2020. She, along with Mrs. Manita Singh, President NWWA Karwar, met few committee members due to the prevailing situation and distancing norms.

She shared her insights on the COVID-19 outbreak and discussed how important it is to keep ourself and the community engaged by organizing at home activities/competitions, specially curated for women and children during such challenging times.

Thereafter, Mrs. Sunita Kumar inaugurated the cover page of the NWWA magazine Varuni 2020.

She also visited Samudri (NWWA Shop) and was happy to see the wide range of items at display there. On behalf of NWWA Karwar, specially crafted handmade gifts were presented to Mrs. Sunita Kumar by Mrs. Manita Singh.

COFFEE EVENINGS..FUN UNLIMITED



MILAN



MILAN

WOMANIYA...CELEBRATING BEING A WOMAN!!



WELL WOMAN CLINIC BY AROGYA

COORDINATOR – MRS. JYOTIRMAI REDDY

ACTIVITY COORDINATOR - MRS. RICHA PADMAWATI



07 DAYS MEDICAL CAMP FOR ALL THE LADIES OF KARWAR NAVAL
BASE WAS ORGANISED UNDER WELL WOMEN CLINIC AT INHS
PATANJALI.

SWAYAM SIDDHA SMART MOM CONTEST

The 'Swayam Siddha' smart mom contest 2020 was organized by Arogya group NWWA Karwar region in coordination with INHS Patanjali from 17 - 19 January 2020. The contest was conducted in different phases, which included lectures / talks, written test and personal interview. The interactive lecture series presented by the ladies, officers and doctors covered extensive subjects like - know your finances, child nutrition, handling of adolescent children & adolescence in girls, menopause and personal grooming.



CORONA- MY PERSONAL JOURNEY

Covid- the word we would like to forget, or at least push to the dark corners of our minds, to have a semblance of normalcy. But what is normal? The new normal has brought with it, lessons, a few to unlearn and a few to learn afresh. So, was it really a bane or was there a positive outcome too?

A few years back I wrote an article for Varuni themed 'Vision 2020'. I realise now, whatever visions we may have; nature has a way of asserting itself if you do not give it due credit. We have not provided time for nature to evolve. We have grown leaps and bounds in terms of technology, but our social structures are falling apart, our interactions are becoming minimal, our support systems far from being in place. Without getting into the argument of synthesis vs natural genesis of the virus, I can only surmise that nature has found a way to teach us a valuable lesson. A lesson which we will carry for generations to come and not only create a better world but sustain what we have, judiciously, and by respecting all that the environment has to provide. It is high time we wake up to the reality that we need to strengthen our family ties, the immediate family, the extended family, friends and the society. We must respect our age-old traditions, our culture, our food habits, minimalistic living, our Dharma. When I say Dharma, I do not mean it in the religious sense, but our Dharma of duty, ethics, contribution to the society, forgiveness, and compassion.

The theme for this Varuni got me thinking about my journey as well. One can easily talk about the broader changes in the immediate surroundings, the country, the world at large. But what has been my individual learning?

Every experience, and every individual suffering or joy is unique and hence what we learn from a situation depends on our perspective, conditioning, and outlook. I will list my top three optimistic derivatives in these testing times.

My personal journey also had its highs and lows. We are even though used to all the hardships and the coziness which the service life provides, we are subjected to the world outside when we travel. And travel we must, for change is the essence of our life. The travel route in the south is unarguably the most scenic and as long as you decide not to venture into public domain, it feels safe, cocooned in the comforts of the car, stretching out in places devoid of human habitation, surviving on the food packed by caring friends, and trying our best to stick to the rules of 'Swachatha abhiyaan'.

We were fortunate to have our support systems intact, our car was filled with eatables of all flavors. All these years, I may have taken my friends for granted, but this is the first of the times to come, when I counted my blessings in the form of friends. Lesson learnt, be in touch with your friends, even if you move out, not on impersonal WhatsApp or Facebook, but pick up the phone, talk to them, share your joys or as the popular meme goes, keep disturbing them.

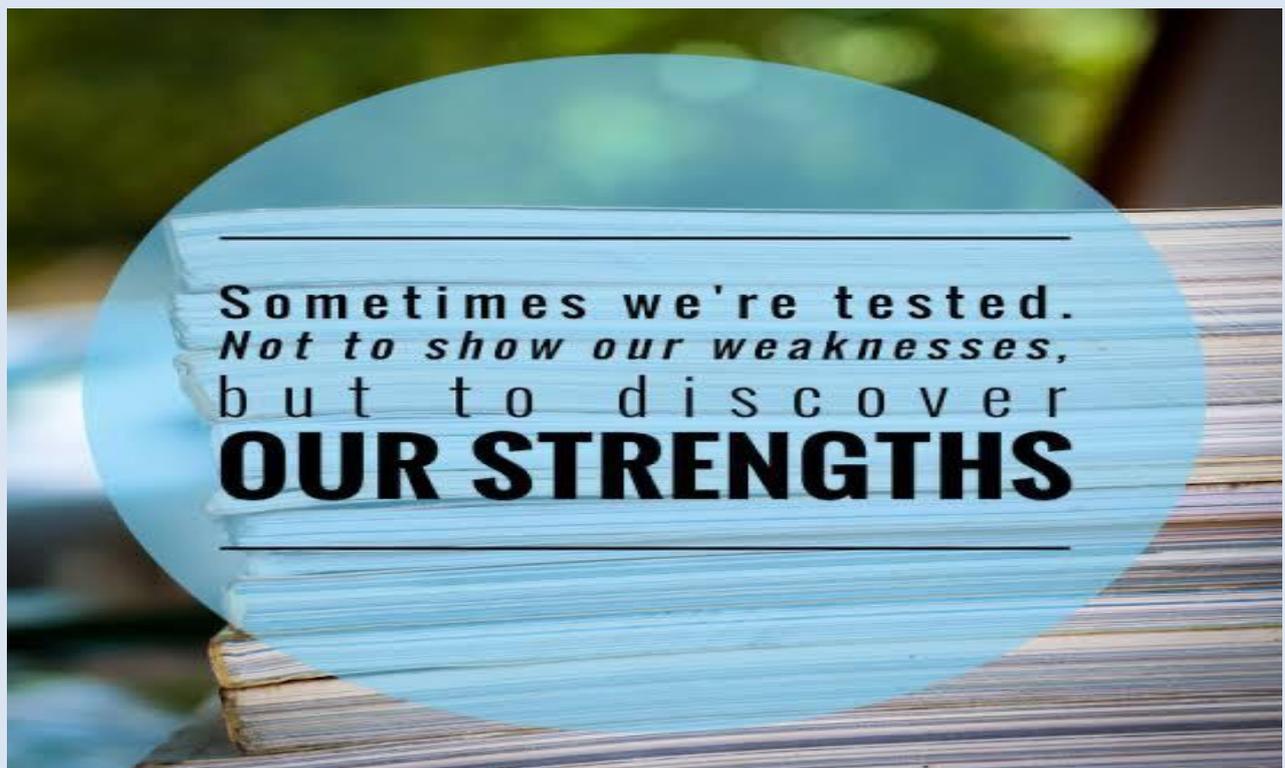
I have always brought out in all my conversations with friends and peers about the values of 'Me time'. Well Covid times did provide numerous avenues to build our net worth, not in terms of financial gains, but in building ourselves up. The onslaught of various skill development courses online, the never-ending webinar invitations on an array of titles to choose from based on individual interest, the distant learning courses, online workshops, and online teaching methodologies for the uninitiated.

It changed the way we function. The mobile and laptop which was taboo became essential, parents who constantly cribbed about screen time, suddenly changed their tunes to not enough screen time. Well, this can go on and on. But put on your thinking hat and ponder about your individual growth. As for myself, I had embraced technology long back and my work was and is online. But I learnt a valuable lesson here too. One does not have to go out physically to do some good and spread joy. There are many people out there who wish to learn about something new, it may be as simple as operating a laptop to as complicated as astrophysics. But there is always something to learn and there is always something to teach. So, let it be a two-way street. Your contribution to society need not be in terms of money, it can also be a knowledge sharing exercise.

The subject close to my heart has now become a country wide campaign, thanks to the initiative of our PM, the 'Fit India' movement. We have been hearing statistics of death, and when it happens closeby, it jolts you into the reality of the crisis. To err on the side of caution has to be instilled deeply into everyone. Masks worn casually, precautions taken lightly, it is indeed disheartening. I was unfortunate enough to lose a few acquaintances to this dreaded disease. Even though not much is still known about the virus, but one thing is sure, that if a person has comorbidities, then one has a very low chance of survival if affected. Health is the main factor to get affected due to changing lifestyles, the cliched 'Health is wealth', 'local is vocal', eating locally produced stuff. However, we reiterate on this issue, it is less. The major lesson learnt is to maintain a healthy lifestyle, not only physically but mentally too. A positive mind reflects on the physical body too. So, choose your method of relaxing and be disciplined about it. And this station is one of the best places to enjoy, maintain a healthy lifestyle and evolve.

I am on a wonderful journey here, are you?

- Mrs. Prema Ravikumar



WARRIORS IN WHITE

- Mrs. Sameena Ahmed

The angels in white with a stature next to God,
Day in and day out are working round the clock....
With the novel corona virus in our midst,
Their workload unexpectedly increased....
As everyone was told stay home, work from home,
Was it possible for them to stay home and work from home?
They have a Herculean task of tackling the pandemic,
And with them is their trusted team of nurses and para medics....

Many a precious life they have saved,
In the process some of them too got infected....
Did that dampen their spirit? No way,
For it is their ethics that uplift them every day....
Living up to the expectations of their profession glorious,
They all have truly earned the title of Corona Warriors....
May the COVID - 19 pandemic cease sooner,
And the Warriors get a much-needed breather.

sun.

NOBODY KNOWS

- Mrs. Sameena Ahmed

Nobody knows how it all began.
Somebody says the wet market,
Somebody says its man – made!
Nobody actually knows.

Nobody knows how much more grave the situation is going to be,
Nobody knows how many more lives will be lost,
Nobody knows whether there's going to be a cure for it at all,
Nobody knows.

Nobody knows when all this will end,
Or will there be an end to this ever?
Will mankind cease to exist forever?
Nobody knows.

Mask, wash your hands, follow social distancing, sanitize,
Let's stay positive and avoid becoming positive.
This too shall pass as we stay home and stay safe,
Surely Everybody knows.

FOR LOVE, WITH LOVE

A SHORT CHAT WITH CDR. AND MRS MATHIAS

-Mrs. Sujata Dey



“Together, they proved to us that, “True love is selfless. It is prepared to sacrifice.” - Sadhu Vaswani

As pretty and lovable as a flower, Nirmala, is a live example of beauty, grace, purity, serenity and above all love! Praveen, (Cdr. Praveen Mathias) is her prince charming, her loving soul-mate. He is a man of extreme simplicity and is the perfect gentleman.

The two lovely people met at a marriage ceremony and what followed is a dreamy journey of togetherness that continues to strengthen their bond as they have spent 18 years of married life together.

In the year, 2012, Cdr. Mathias was detected with a medical case related to his kidney which caused the family a lot many trials and tribulations. Finally, on 29th August, 2019, the couple underwent surgeries, wherein, Nirmala donated one of her kidneys to her husband, Praveen. Post-surgery the couple are doing well. Since then the Mathias family has emerged stronger than ever and their faith in God has been unflinching and exemplary.

1. Marriages are made in heaven! How true is that for you?

Cdr. Mathias: Marriages makes one wonder that, how can two different individuals born somewhere with different lifestyles, unite together in the bond of marriage and live for each other, by adjusting with each other with love. When all these thoughts come in mind, definitely it makes us think that marriages are indeed made in heaven.

With respect to my case, I too believed in self-destiny, but destiny made me realize that how much ever you try your luck, what is destined by God is what you get.

Mrs. Mathias: As far as my opinion is concerned, marriages are made on earth. It's my partner and I who decide whether to make our marriage a heaven or a hell. For marriage being successful one has to learn the art of sharing and caring, sacrifice and honesty, love your partner as you love yourself, patience, thinking before getting into conclusion, trust and faith, respect and honor for each other.

2. How has life been for you if you are to watch it as an audience?

Cdr. Mathias: If I had to watch my life as an audience, the entire life would seem like a movie, where the movie contains, start and end, happiness and joy, tough times, together overcoming the odd times with courage and support from friends and family members.

Mrs. Mathias: My life has been a roller coaster ride, where I have seen lots of ups and downs. So, when I see my life as an audience, I see the life facing both happy as well as sad moments together and both gets balanced at the end of the day, but it always teaches us some lessons for life, which we call it an *experience*.

3. Has the experience taught you anything new about life as a gift of god?

Cdr. Mathias: Experience has taught me a lot of things in life. The best one was when I was in a critical stage and my wife stood by me and was a constant support to me.

Mrs. Mathias: Experience always teaches us plenty of things. This experience has taught me that one should keep ones karmas clean, cherish your loved ones, keep yourself fit and exercise regularly, learn to accept things which you cannot change, help others, live happily, show your gratitude and reach out to people, show them kindness, be inspiring and share your joy with the world.

4. What things and dreams motivate you both in the short and long run?

Cdr. Mathias: At this age there is nothing that motivates us, other than our children, their future and their settlement in life.

Mrs. Mathias: Dreams are always good or bad, it can be filled with joy or remorse. If you want this joy to be real and to sustain in the long run, one has to work together as a couple, plan, be dedicated to achieve it with hard work and perseverance and giving ample time to each other. Bad dreams always scare us but teach us few things like time and place where one need to be cautious, act wisely and take correct steps in order to sustain a long but better relationship.

5. Is there anything you wish had happened as per your wish and do you think that can be achieved in the future?

Cdr. Mathias: My major wish has been fulfilled by God almighty, the only wish at present is carving a good niche for my kids and see them settle happily and lead their life.

Mrs. Mathias: I completely trust the life process and believe that acceptance of events in life is the best policy. I live my life every day and I wish, in future that I teach my kids to learn the importance of life and not to run behind materialistic gains, rather learn to be a better human being.

6. Would you like to be the director of your life's film? Create your own destiny?

Cdr. Mathias: Direction is my hobby and if I had to direct my life's film surely will take that opportunity and also like to create my own destiny.

Mrs. Mathias: Yes, I would like to be the director of my life's film. When one gets a chance to direct one's own life-movie, naturally the destiny will be decided by the creator and it would always be a happy ending.

7. As your act sets an example for the world to learn the art of living and giving, what are your words of wisdom for the present and future generations of people?

Cdr. Mathias: Few words of wisdom for the future generation is that don't waste your time in pondering what and how you should live. Take life as it comes, and make the best use of it. Marry when you feel but responsibly. Consider your spouse as your own part and treat her with equal respect. Spend time and know each other well.

Mrs. Mathias: Capture life's opportunity and live life to the fullest. Never give up at any instant of life, try hard to achieve the best and fight till the end. Give your best for the things you love most and nurture it with care and love.

WHAT LOCKDOWN TAUGHT ME

Lockdown helped me to appreciate the efforts of a Teacher.

Merry Thomas

Lockdown helped me to stay in touch with my inner self so that I don't lose the essence of who truly I am.

Vibha Srikant

Lockdown gave me the opportunity to interact with friends and families.

Surabhi R

Lockdown gave me the opportunity to read lot of books, watch series which I wanted to but never had time.

Neha Lohani Gupta

Lockdown gave me an opportunity to pursue a new language "French"

Vihaan Gupta

Lockdown gave me an opportunity to bake and cook favourites which we used to order from restaurants.

Reshma Khan

Lockdown gave me an opportunity to bond with my mother in law as she helped me with my household chores so that I could finish my lesson plan for school.

Sunerita Shetty

The lockdown gave me an opportunity to relive my childhood games like Ludo, snakes and ladder virtually with my friends .

Preetha Shravan

Lockdown gave me an opportunity to re discover my artistic skills. I sketched Warli paintings and pencil sketches.

Swapna Joy

Lockdown gave me an opportunity to resume work after a baby. I could work from home and take care of my baby simultaneously.

Kamna Sharma

Lockdown gave me an opportunity to work on myself, improve my eating habits and lose 25 kgs in 3 months.

Shivani Yadav

Lockdown gave me an opportunity to explore my own self

Nagavani Kadari

HOBBY CORNER – BEATING THE BOREDOM AND STRESS DURING LOCKDOWN!



GREEN THUMB – MRS. MANITA SINGH



CULINARY DELIGHTS, ECO-FRIENDLY GANESHA – MRS. MANITA SINGH



SILK THREAD JEWELLERY – MRS. JYOTHIRMAI REDDY



JOYS OF GARDENING – MRS. JAI GOKHALE



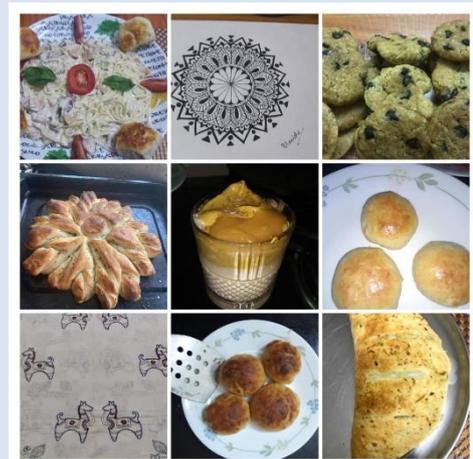
MASK MAKING, FOOD DELIGHTS – MRS. KSHEMA CHAKRAPANI



THE JOYS OF BAKING – MRS. KSHEMA CHAKRAPANI



THE MAGIC OF QUILTING – MRS. DEVAKI MADDULA



EXPERIMENTS WITH COOKING, MANDALA ART AND EMBROIDERY – MRS. MANISHA RAO



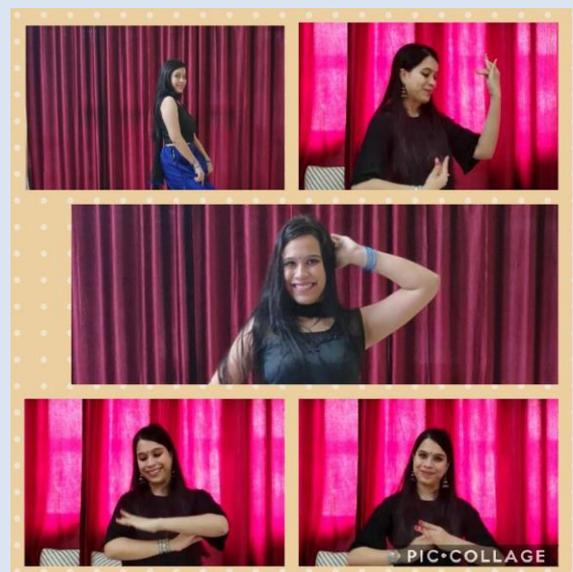
COOKING DELIGHTS – MRS. NEHA LOHANI GUPTA



ARTISTIC CREATIONS – MRS. SWAPNA JOY



LOCKDOWN YOGA – MRS. ANUSHA KARANDIKAR



DANCING THE BLUES AWAY – MRS. ANUSHA KARANDIKAR

LIFE IN KARWAR- NEVER A DULL MOMENT!!

FLEA MARKET AND NAVY MELA



NNWA COMMITTEE MEMBERS PICNIC AT NIRMIT PARK



FUN TIMES AT NAVY HOUSE!!



FROM NWWA BANGALORE

EXPERIENCE OF AN INEVITABLE TRAVEL AND THEREAFTER!

- Mrs. Anupama Dandona

(NWWA President Bangalore)

Don't travel unless inevitable!!!... trust ME, the fear and anxiety that we as a family faced when we had to shift base was terrifying...we were like mentally preparing ourselves for almost three months before the actual move...each one of us with a hand sanitizer (a small bottle and a spray bottle)...gloves, masks and the shield...taking our daily dose of zinc and vitamin C along with vitamin D was some of the preparations that we did just before travelling....then came the airlines playing it funny with our tickets of one sector getting cancelled so the whole journey had to be rebooked for another day...and them not refunding the amount but crediting it in your name for use in the next two years...ensuring that we travel with them in future...then again on the rebooked date the first flight got cancelled...so we hired a cab and drove 8hrs to the first airport to catch our flight...thankfully the rest of the flights and journey was a smooth ride...and believe ME, the airports and the airlines have taken the necessary steps and precautions of sanitising and maintaining social distance...but we as individuals do have a responsibility of taking precautions at our level too...and once you set foot in your destination...the arrangements of testing, questioning and the whole process of home quarantine is being done without wasting too much of your time...they stamp you on the back of your hand with the date till you are home quarantined ...felt like a prisoner on payroll...but on a serious note, I think things have streamlined a bit now....but I still feel that one should avoid travelling because it is the fear and anxiety that kills you rather than the arrangements... As kids we would travel in trains or buses and eat and drink at every station...my father would say “khaate peete jaayenge”... every vendor that crossed our berth had to give us a taste of the food item he was selling...sadly, gone are those days... I miss those days when we would excitedly plan for our holidays or just a fun trip to some place, go out to watch a movie, go to the water park, go to the mall just for the heck of it, go to a pub or a coffee shop to hang out with your friends...as I am saying this I am visualising it...seriously miss those fun days...forget a fun trip, I fear even visiting a hospital these days...the fear of catching the virus...so pray be that till the vaccine is out one doesn't have to visit the hospital under any circumstances...only if wishes were horses we'd be galloping in one now.. These are just some musings in my 14 days quarantine in the new station...better to stay home and stay safetogether we

can flatten the curve!!! Yup...done with our 14 days quarantine period and come out scathe free ...reminded ME of the 14 yrs exile of LORD RAMA...thankfully my 14 day period wasn't as eventful as the LORD's...No RAVAN out there who wanted me so badly that he would take panga with MY LORD...and the only demon we had to fight against was the virus ...jokes apart, I am so glad that the quarantine period was a smooth ride...but a question did pop up in my mind...pracheen kaal main, was 1year=365days...kyounki 14 days did seem like a long period....cannot imagine what 14 years would have been like...and you know what, I just seemed to have unleashed my creative side and got promoted from a bathroom singer to a “tolerable people can bear my voice” type of a singer...HE and SHE would beg to differ...but I am in that phase in life now that I only believe what I think(much to their despair) Another school of thought is that “have I done anything productive in this period???”...well, the definition of productive is different for every individual...one may cook a healthier version of a dish and that's productive enough for them...another may just have just contacted a friend whom they haven't spoken to in a while and that's productive enough...one may have just learnt a new art form from a YouTube tutorial and done an amazing job of it(it's different that I am totally amazed at how beautiful the outcome is, even though they are trying their hand at it for the first time..I have seen quite a few of them on my social media groups)...like my friend said, that I would need a tutorial to learn how to learn from a YouTube tutorial...whatever be the case, I am just glad that I haven't let the productivity guilt feeling take over ME...I am just happy in my space with whatever little I do for ME or my near and dear ones and I constantly work towards that happiness...making everything around(thoughts and space)ME beautiful is all I work for!!! STAY POSITIVE...STAY HOME...STAY SAFE is the mantra to go by for now!!!



MEDITATION – A WAY OF LIFE

The inclination towards the spiritual world is the need of the hour. How close are we to the Creator of this beautiful world? How often do we remind ourselves that the existence of God is the ultimate reality? Every human can find solace only when aware how important is the presence of the Almighty God in our lives.

Well, meditation is the answer to all our problems, worries and sorrows. Let us get down on our knees, close our eyes and pray. Let us concentrate on a certain point of light and get into the act of connecting with God. Let us sing songs in the praise of God. Let us meditate.

Meditation helps one improve one's lifestyle. One keeps happier and contented with the ways of life. One is sober, polite and jovial when in the habit of meditating. It also helps improve one's concentration and confidence level. One becomes foresighted and committed to jobs in hand.

Man becomes his own master and knows how to help himself lead a meaningful and worthy life.

- Mrs. Sujata Dey

THREADS OF JOY

"No matter how big the idea or how vast the project is, everything starts the same way - with one small moment " - Shakira

Oscillating between my dreams and reality, procrastinating over many ideas, never believing my talents I let days go by.

My Eureka moment came in during demonetization in November 2016- I went to buy a quilt and a cover for it as we had just moved to Delhi. With winters coming in, as a housewife, I wanted to keep my family warm and comfortable. The shopkeeper didn't have change, so I thought why not go home and make it myself. This was my first small step into the world of quilting. Since then I have grown leaps and bounds, trying out new ideas and designs. From single, double and baby quilts, the regular transfers challenged me to think differently, and thus started another baby step in my creative efforts; bags, wallets and pouches. Karwar gave me a new lease. For the first time I put up my stall at the street fair; and it was well received. This passionate journey will be incomplete without the relentless support given to me by my family and friends.

Thus, I truly believe- "We are each gifted in a unique and important way, it's our privilege and our adventure to discover our special light." - Mary Dunbar

Readers can visit me on Facebook at Devaki - Threads of Joy or Instagram devaki_threadsofjoy

- Mrs. Devaki Maddula

LOCKDOWN FEVER!!

After the initial shock and scare of coronavirus and lockdown seemed to have worn out a bit, there was a sudden spurt in activities in everyone's house! We as moms are quite open to challenges and never fail to rise up to the occasion. Overnight everyone seemed to have turned into master chefs! Moms were busy in their kitchens.. with their somewhat limited supplies.. cooking up an array of dishes ranging from butter chicken to dal makhani to lip smacking Chinese food to the fanciest of desserts. Not to miss the presentation! It would give the swankiest of restaurants a run for their money.

I always loved baking and thanks to mom.. had learnt quite a bit of cakes and bakes. Suddenly I seemed to be spending more time in the kitchen than I usually did. Not just that.. I was actually enjoying it! All my recipe books were out and each meal was different.

There was a sudden frenzy over 'Dalgona coffee' that popped up out of nowhere. All of a sudden, everyone everywhere seemed to be talking about it. From the looks of it, it seemed rather fancy! The way everyone was going ga-ga over it had me all excited to try it. I was more excited and eager to try it than my kids who seemed far from impressed by it! In fact they didn't seem interested at all. But that didn't dampen my spirits and with full 'josh' I went on to whip up the 'Dalgona' coffee which had shot to sudden fame overnight! Proceeding rather meticulously, I downloaded the recipe expecting some complicated ingredients and even more complicated way of making it. Must say I was disappointed here. It turned out to be nothing more than a whipped coffee!!! But the wave of excitement it created everywhere was mind boggling! Facebook seemed to be overflowing with images of Dalgona coffee. It had taken the world by storm. Some intellectual souls took it to another level altogether. Now there were Dalgona cakes and Dalgona waffles... I was appalled to see someone upload a pic of Dalgona dhokla as well! Heights of creativity!

It was comforting to know that my family members weren't the only foodies around. We would barely have started one meal and the dominating question would be... "What will you cook for the next meal?" Apparently there were foodies all around. No wonder the number of restaurants that one saw kept growing by leaps and bounds.

One couldn't but stop and appreciate one very important fact. Even through the pandemic and the scare that seemed to be in everyone's hearts, we still found something to add a little spark and some brightness to each day ... something to look forward to. Such is the faith that keeps us going! Small things that create happiness in the darkest moments...

- **Mrs. Manisha Rao**

THE SUBTLE ART OF “DYEING WITH TIES”

A STYLE GUIDE FOR YOUR ABODE



In an attempt to evade the heaps of the omnipresent floral prints already congesting the online stores and in search of print patterns that can profusely satiate the love for springs and all things colourful, I went on to explore the art of Tie-Dye.

It was just happenstance that I came across an online portal of an artisan from Lucknow, who ran a tie-dye studio of her own. She shared her creations with me, which ranged from a table napkin to window valances. For a moment, I forgot about the already

reigning prints and gasped at the mastery of multiple colours on a piece of fabric. The ‘print/colour mixologist’ within me was amazed at the marvels of what a simple technique of dyeing with a few ties can do. The array of diamond, folded, linear, spiral and crumpled patterns along with the already very known shibori and chakra patterns infused together to create an instant sensory impression. It flipped the mood to more youthful and vivacious side. Her works were an instant answer to the long-awaited furnishing makeover I had been looking for. Monochromes, neat motifs, and garden prints had dominated my household scene for too long, so it certainly was the time for some easy-going experiment!

As a new bride I was once told by an accomplished lady who welcomed me to the Navy, “If you like something, learn it.” So, I obviously took up all online tutorials and very steadily I picked the skill of creating my own pieces, voila! In no time I worked up the idea of white and lemon green curtains for my balcony’s small reading setup; pale blue and burnt orange cushion covers for my ‘very tropical bedroom setup’; white and pale rose table cover for the rather sad looking dining table and a chirpy yellow folded table napkin to go with the Sunday’s egg benedict! Use of soft pastels on place mats, dramatic use of bold pigments used as streaks on a pristine white curtain, crumpled spread of dual tone on a table runner was all I could ask for. It is surprising and enthralling to see the possibilities of colour combination that can be use with tie-dye. It is a joyful wonder for those who love the idea of colours in a more carefree way. Summer or spring it covers the dullness with elan!

Now it would be a serious exaggeration to say that I was unaware about whole art. But with the florals, indigo, geometrical and small prints around it somehow escaped the attention, it deserved. The hushed play of restraint pastels on crisp white cotton or brilliant outburst of colours in circular and spiral patterns is a welcome change from florals and yet not taking away the spring mood entirely.

The unobtrusive and playful technique of tie-dye uplifts the subdued tunes of time. It sure does not boast of finesse that comes with the neat prints, but it does break the monotony of linear strictness. Blending of colours, monochromatic hues, contrasting patterns and distressed hints can all go on to lend the sound to music. With its wider scope in creating brighter spaces, tie-dye has the potential to rule the season that has been dull enough with a pandemic at loose. The weekend spirit and the holiday feel may just amplify with dye patterns. In every visible way tie-dye opens the possibility of embracing and uplifting many moods. So, go ahead and give your much-loved nest a makeover it has been asking for because nothing, not even pandemic woes can eclipse a homemaker’s spirit!

- Mrs. Mohini Singh

LIFE IS BEAUTIFUL

An apt quote by Emily Dickson sums up the fact that life is indeed beautiful. I quote "Find ecstasy in life; the mere sense of living is joy enough."

Many of us agree with the fact that life is ecstatic. Life is a roller coaster ride with ups and downs and that makes it all the more beautiful and not mundane.

Life is a beautiful celebration with its gift packets of success and failure, joy and sorrow. Much depends on the mind and positive outlook. Every stage of life offers varied experiences and lessons to be learnt which in turn makes the breath of life refreshing.

Life in this quaint little town of Karwar is all the more glorious. Away from the hustle bustle of a modern city, Karwar is indeed a picture book. The trim and imposing Naval base is a delightful page in the picture book of Karwar.

What makes life beautiful in Karwar?

A question that will invite varied responses depending on people of different age groups. But everyone will vouch on the fact that the geographical beauty of the base makes living in Karwar Base a joy. The quietude, serenity, unpolluted and pristine atmosphere makes one joyous.

Below the canopy of the blue sky, is the naval base fringed with the blue waters. The beach clean and clear with rocky hills on both sides is a stress buster. The unstoppable waves teach life's lesson of persistence. At dawn, the silvery sheet of water with the glimmering sun rays looks like a landscape painting. At dusk the fiery sun is virtually swallowed by the cool blue sea. At night, the water becomes invisible except for the foam and the sound of the waves. The surface is bejewelled by the lights of the stationary ships. Is this transition not joyous enough to make life beautiful?

Regular walks along the beach has a soothing effect and makes even tired bones sprightly and healthy.

The tall conifers, the thick foliage and well-manicured parks offer an environment for healthy life which in turn add beauty to life.

The well maintained roads, with minimal traffic are a boon for walkers, joggers or even 'glue footed' ones like me!

It is said that colour and sound have a beneficial effect on humans. The blue sea and the colourful vegetation in the base make living pleasurable because of its therapeutic effect.

Awakened by the cawing of the crows, meowing of the peacocks and various pleasant bird calls, instead of the blaring music, one gets energised with positivity.

I am confident that this new decade will herald sweeping changes for the betterment of Karwar base which in turn will make the lives of "Karwarites" all the more beautiful.

I end with the beautiful poem 'Leisure' by Walter Davies

What is this life, if full of care,
We have no time to stand and stare.
No time to stand beneath the boughs
And stare as long as sheep or cows.
No time to see, when woods we pass,
Where squirrels hide their nuts in grass.
No time to see, in broad daylight,
Streams full of stars like skies at night.
No time to turn at Beauty's glance,
And watch her feet, how they can dance.
No time to wait till her mouth can
Enrich that smile her eyes began.
A poor life this if, full of care,
We have no time to stand and stare.

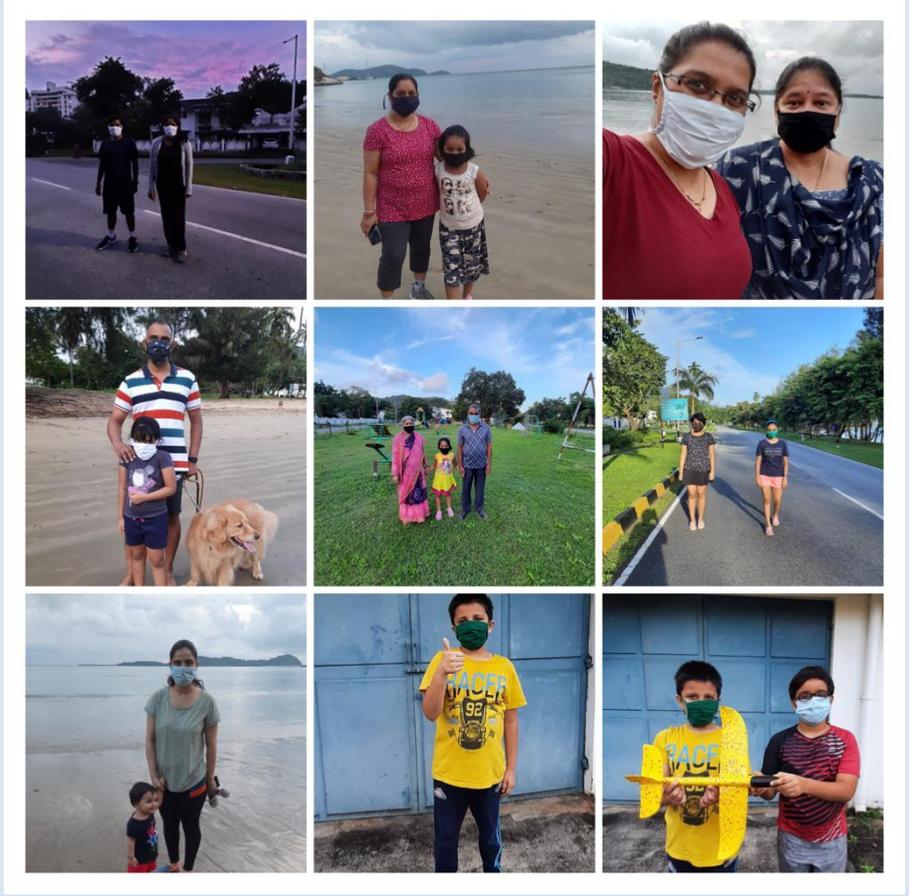


- Mrs. Kanaka Durga Maddula

EXPLORING KARWAR – TREASURE HUNTS AND TREKS



COPING WITH LOCKDOWN



STORES IN KARWAR

FOR THE SHOPAHOLICS



- KO Jewellery, Vivekanand Nagar, Karwar
- Experience pure silver with exquisite designs in handmade perfection



- MORE Store, Kodi Baugh, Karwar
- Supermarket, One stop shopping experience



- Silk Palace, Kodi Baugh, Karwar
- Garment Store



- Waves, Beach Road, Karwar
- Handicrafts & products of Uttara Kannada



- Kanva Mart & Reliance Trends, Ankola
- A complete cloth store for a good shopping experience.



- Arvind Art Centre, Convent Complex, Karwar
- Experience hand crafted souvenir shopping experience

KITCHENS OF KARWAR

FOR THE FOODIES



Hotel Amrut, Kodibag, Karwar.
Multi cuisine restaurant. Famous
for Traditional Sea food



Swetha Lunch Home, Green
Street ,Karwar
Serves traditional Kannada food



Citrus Restaurant. Kaikani Road
Karwar.
Located in Citrus Hotel. Famous
for its buffet meals



Pizza Arena, Main Road Karwar,
One stop destination for delicious
Pizzas & Burgers.



Kodi Baugh, Karwar.
Serves Multi cuisine and located
on the beach.



Kamat Upachar, Nh-17, Shirkuli
Village, Ankola ,Karwar.
Famous Veg restaurant

