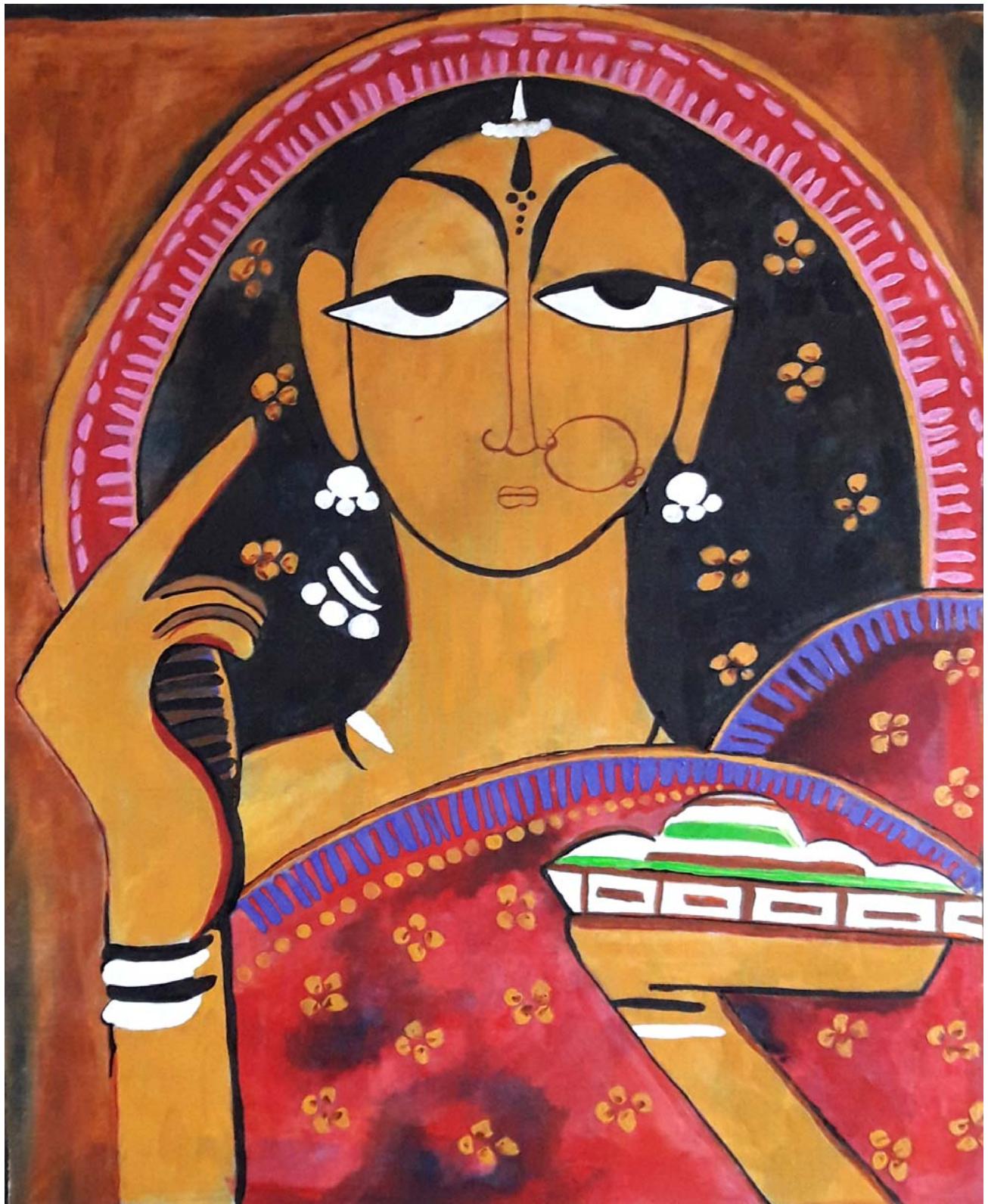




# VARUNI

NEWSLETTER

DEC 2017



*Navy Wives Welfare Association  
Northern Region*



MRS REENA LANBA ,PRESIDENT NWWA,  
WELCOMES A YOUNG BRIDE



....MENTORS ONE AND ALL



BIDDING FAREWELL TO MRS ARUNA KORDE,  
VICE PRESIDENT NWWA



ARCHIVES- TETE-TETE WITH MRS MEERA TAHLIANI



FELICITATION OF 'ROAD SAFETY WORKSHOP '  
ORGANISERS



NWWA MILAN-COLOURS OF INDIA

## PRESIDENT'S MESSAGE



This is the third edition of Varuni since I took over as President NWWA. Time has flown quickly and we have achieved a lot. I have been able to introduce many programmes, such as TISS Early Child Development Course , towards giving our women a skill set.

It gives me great joy to witness the transformation of ladies before and after the course. We now need to take the next step forward and empower the ladies we have skilled.

This year, I have selected the theme 'Empowered Women - Empowered Generations' to focus on unlocking the potential of women in the Naval fraternity.

An organization values all assistance, however small, from its members. Any expertise of yours towards empowering our women in our community is welcome.

I would like to congratulate the editor and her team for yet another delightful edition of Varuni.

(Reena Lanba)  
President NWWA

## Editor's Note

Our second NWWA Newsletter of 2017 comes out at a time when festivities are all around bringing peace and joy to us. They bring out the essence of our lives; bringing a smile as we reminisce about our younger days. They reignite the yearning to know our culture and traditions and pass them on to our next generation. Festivals in armed forces have always been without a religious bias and events to look forward to by one and all within the community.



Amidst the festivities, Mrs Reena Lanba, President NWWA and her team continued their mission to unlock the potential of women with new initiatives taking shape by tie-ups with a number of renowned institutions. These present a wonderful opportunity for us and allows women in our community to empower themselves by acquiring additional skill sets.

In this issue, Fanny Chakrabarti reproduces an untitled work of Jamini Roy as our cover. We also carry Jamuna Rangachari's reflections of an incredible heart-wrenching and awe-inspiring story of Shri Rajendra Johar of the 'Family of the Disabled' organization. Sharmista Debnath puts together the thoughts of Jessica Rana on the wonders of Yoga in connecting mind, body and soul in her article 'Holistic Fitness'. We also fondly publish a beautiful card by Arush Kushwaha shared with us by the Prerna Group. And yes, as always, 'NWWA Activity Report' brings out the relentless commitment of NWWA groups towards social welfare and associated support activities during the previous six months.

Finally, as we bid farewell to some of our esteemed members and welcome others, I too would like to take this opportunity to wish the very best to the new editorial team that will soon take over as we are relocating. The past three and half years of my association with Sanchar at New Delhi and Mumbai continue to give me total satisfaction and a sense of being amidst emergent challenges, opportunities and achievements. I will forever cherish the friendship, love and support of my dynamic team of ladies who were always there. I will miss them all!!

Happy Reading!

*Rachana Roye*

Rachana Roye  
Editor

## Editorial Team

**Mrs Rachana Roye** (Editor)  
**Mrs Fanny Chakrabarti** (Activity Coordinator)  
**Mrs Paromita Ojha** (Activity Coordinator)  
**Mrs Saswati Sengupta** ( Volunteer)  
**Mrs Diya Purkayastha** (Volunteer)  
**Mrs Vishnupriya Ranganathan** ( Volunteer)  
Cover Design-Jamini Roy's **untitled work**  
reproduced by Fanny Chakrabarti

## ARCHIVES

A new portfolio 'Archives' was introduced by Mrs Reena Lanba, President NWWA, to facilitate record-keeping and to track the growth of NWWA down the ages. Although at a nascent stage, the team at Archives has made steady progress in collecting historical facts about the setting up of NWWA from NOWA, the motivation behind it, etc. The team conducted interviews with former First Ladies Mrs Meera Tahiliani and Mrs Kaumudi Kumari – both very cordial and accommodating - in Gurgaon and Jaipur, respectively. Both the stalwarts provided details about NWWA's glorious past and how the institution expanded under their leadership. They also shared anecdotes and photographs. The team also coordinated with Mrs Lalita Ramdas from the East division and Mrs Kumkum Prakash from the West division, to obtain more memorable facts.



The team at Archives hopes to compile historically significant events/activities and the progress of NWWA in an elaborate manner, and has been constructively working towards this goal.

## AROGYA

The team at Arogya conducted monthly visits to the Base Hospital and the R&R Hospital. Mrs Reena Lanba, President NWWA, inaugurated the 'Well-Woman Clinic' event which was conducted at Varuni, Chanakyabagh, to promote optimal health and well-being and to sensitize wives of Naval personnel on its merits. Here Mrs Lanba unveiled the 'Well-Woman Health Card'. A skit on 'Health issues in women' was enacted by Nursing cadets, College of Nursing, Army Hospital (R&R). Blood investigations, bone densitometry, general medical examination, psychological assessment, pap smear and dental check-up were carried out successfully.



Mrs Reena Lanba, President NWWA, was the Chief Guest at an interactive session on 'Road Safety' conducted at Navy Children School, Chanakyapuri to build awareness of the same. Ms. Samira, a student recited a poem on Road Safety. Trax S Society, a Non-Governmental Organization (NGO) working in the field of road safety in collaboration with the United Nations, conducted the same which evinced active participation from the students of classes X-XII. Mrs Lanba distributed road safety logo chains as a token of appreciation to the participating students.

## BEAUTY PARLOUR

The three beauty parlours at Palam, Naraina and Chanakyapuri, continue to function well. Regular classes were held and tests were conducted for students who completed the course. Work is on, in full swing, to complete the much-awaited upcoming parlours at Kota House and Chanakyapuri.

## CRÈCHE

Mrs Kangana Berry took over as the new Coordinator of the Crèche. The Crèche continued to work relentlessly towards caring for children, aged one to six years, while their mothers attend various courses like tailoring and TISS. For all NWWA events like the NWWA Diwas, International Women's Day and Milans, the crèche remained open. Mrs Reena Lanba, President NWWA, gifted toys at the crèche. A new teacher was also appointed.

## HOSTEL

Mrs Reena Lanba, President NWWA, visited the hostel and interacted with the occupants and staff. Rounds were conducted by Vice Admiral AK Chawla, Chief of Personnel, and Commodore Ravi Malhotra, Commanding Officer, INS India. Mrs. Sanskriti Ghormade, Group Coordinator, presided over the monthly meeting conducted to disseminate information and attend to concerns. Quarterly firefighting exercises were conducted by trained naval personnel who imparted detailed instructions on handling fire equipment along with practical exposure on controlled fire. Portable fire extinguishers were placed in all rooms and common areas. A CCTV camera was also installed at the main entrance of the Hostel to provide additional security. Provision for accommodating two additional occupants was made and partition work to ensure privacy in existing two rooms was completed.



## JAGRITI

Over the past few months, a number of activities have been conducted at the Navy Children School. In January, a reunion of NCS alumni was conducted at the school, after a gap of two years. Many former teachers and students attended the event. The senior-most alumni at the reunion belonged to the class of 1984. Mrs. Aruna Korde, Vice-President NWWA, was the chief guest for the KG graduation ceremony. Two workshops on 'Cancer awareness' and 'Road safety' were also conducted at NCS, which proved to be very enlightening for the students. Interviews were also conducted for the selection of new teachers. Mrs Reena Lanba, President NWWA, held a detailed meeting with PDNE regarding the functioning of Navy Children Schools all over India.

## LITTLE ANGELS

The pre-school run by NWWA in Chanakyabagh and Palam for tiny tots aged between two-and-a-half and three-and-a-half years, maintains a delicate balance between traditional Indian values as well as modern competitive spirit amongst the toddlers. On Republic Day, the little ones displayed their talent and Mrs Sapna Chawla was invited as the Chief Guest. The school also conducted various activities like Nimbu-paani-making and a visit to the Family Clinic, where an annual medical check-up was conducted. On the Annual Sports Day, Mrs. Aruna Korde, Vice President NWWA, presented medals and graduation certificates to the tiny tots. The school administration was taken over by INS India and, for the first time, a Headmistress was appointed. New teachers were appointed in both the schools after bidding farewell to the old ones.



## MEDIA GROUP

The Telegram app is being used as a medium to get views and opinions on important issues regarding NWWA through questionnaires. Since its launch in January, many ladies have connected with Mrs Reena Lanba, President NWWA, via Telegram and have been receiving the President's messages, as text and videos. The team is regularly adding new members to Telegram. The Media group routinely updates the NWWA website and Facebook page with information regarding NWWA. The website has been updated with the latest pictures of activities from all regions. A new tab on NWWA initiatives has been created to post all new ventures like TISS courses, Prep mantra etc. The NWWA newsletter 'Varuni' from all regions, and other NWWA publications like 'Veerangana', 'Welcome Young Lady' and 'Abhinandan' have also been uploaded for easy access to all. A special tab for exclusive messages from Mrs Reena Lanba, President NWWA, has also been created. (<https://www.indiannavy.nic.in/NWWA/index.html>)

## OUTREACH

Currently the team supports 'Palna' (which means 'cradle'), a home for abandoned, homeless and destitute children. Diapers, Cerelac and books were donated to them. Another NGO supported by the team is 'The Family of Disabled' (FOD). Founded by Rajendra Johar, a disabled man himself, FOD is a registered not-for-profit organization serving persons with disabilities since 1992. Devices for the blind to help them read and hard disks were donated to them. The team makes it a point to stay in touch with them and enquire about their needs routinely. The team hopes that these steps undertaken put a smile on the lips of the truly deserving and makes their journey easier.

## PRAKRITI

The environmental group Prakriti carried out awareness drives on environmental issues through various activities. They conducted a heritage walk to Mehrauli Archaeological Park, in association with 'Delhi Walks'. Around 100 children from the Naval Community participated in the event. The children were given a glimpse of Delhi's history through storytelling and games. Garden competitions were held in all three Nausena Baughs on the theme 'स्वास्थ्य की क्यारिया' with special focus on plants of medicinal value. The competition saw the display of a number of herbal plants which are traditionally used for common ailments, besides plants of ornamental value and kitchen gardens. All participants were given prizes to encourage greater participation. Prakriti will endeavour to capture the entire naval community in its green earth pursuits.

## PRERNA

The team at Prerna continued its effort to lend emotional support to cancer patients at R&R Hospital through the first half of the year. The volunteers interacted with patients every week, spending extra time counselling and encouraging patients who have difficulty coping with their circumstances. Concerted attention was given to hygiene aspects, primarily to prevent patients from contracting infections. The team distributed booklets and conducted talks on hygiene to enhance awareness. Preventive measures including limiting outside contact of patients were undertaken. Six microwave ovens were also positioned in the wards to disinfect the food. To brighten up the patients' lives and bring them some cheer, tambola was conducted regularly; an activity appreciated by the patients and caregivers, alike. Prerna also organized a 'Cancer Awareness Workshop' at Navy Children's School for the students of Classes VII and VIII. The workshop was well-received by the students who inundated the doctors with questions.



## SAHARA

Sahara lends support to our 'Veernaris' and their children by keeping in constant touch with them. For the Diploma program in 'Early child development' conducted by TISS in association with NWWA, the team managed full sponsorship for two children and three 'Veernaris' through the Indian Naval Benevolent Association.

The Sahara group also organized a meditation camp for 'Veernaris'. Six ladies, amongst these completed a course on Pranic healing. The Command Regimental Officer continued to make regular visits in and around Delhi to ensure that all get their pensions and children's scholarships on time.

## SAKHI

The team at Sakhi has been successful in administering relationship counseling and marriage guidance to various couples from the Naval fraternity who approached them for help. Sakhi has helped women from the fraternity resolve conflict in their marriages and aided them in having a healthier relationship.

## SAMUDRI

The NWWA shop has enriched its collection with new stocks added for the benefit of all. Fresh collections of cotton stoles, scarves, leather slippers, Mangalgiri sarees and suit pieces are available. Apparel from the brands Ayaany and Novita4You have also been stocked. Exclusive hand-painted dupattas in silk and chanderi are also available. A new collection of Tee-shirts from Urban Circus have also found a place on the shelves. Tarsh and Udyogika items continue to be displayed and retailed at the shop. Samudri set up a stall for the 'TechConnect Lunch' at the NOM Varuna lawns.



Samudri also put up a pop-up stall for the 'Anubhavi Lunch' at Navy House. The guests were extremely pleased to be able to shop for their favourite items. A cheque of Rupees 1 Lakh was presented to Mrs Reena Lanba, President NWWA, by Mrs. Neelam Bahl, coordinator Samudri, in January and April.

## SANCHAR

The Sanchar team has been working hard behind the scenes to bring out the newsletter 'Varuni' on time. The team ensured good collection of articles for 'Veerangana 2017'. At present, the team is toiling to sketch the rudimentary framework of next Veerangana 2018 edition. The theme for this 'Veerangana' edition is 'EMPOWERED WOMEN - EMPOWERED GENERATIONS'.



## SANKALP

The new session at Sankalp began with Republic Day celebrations. The function was presided over by Mrs Aruna Korde, Vice-President NWWA. The tiny tots from Little Angels, Chanakyapuri, as well as NCS children put up a colourful show which was replete with patriotic fervor and enthusiasm. NWWA Diwas was celebrated with the NWWA Northern Region. A school picnic at Lodhi Gardens was organised for the children and teachers, to enjoy the beautiful spring flowers. At the 'Anubhavi Lunch' held at Navy House the wonderful products made by our children were displayed. The Annual Sports Day was held with Mrs Reena Lanba, President NWWA, as the Chief Guest. The parents interacted with Mrs Lanba and the children who were the stars of the day, thoroughly enjoyed themselves. The Quarterly PTM was organised and a painting competition was held at Sankalp to celebrate World Autism Day. The children also took part in a painting competition held at India Habitat Center and one student, Uma Tomar, won a cash prize of Rs. 1,000. Each participant was awarded a certificate.

Admiral Sunil Lanba, Chief of the Naval Staff, and Mrs Reena Lanba, President NWWA ,visited Sankalp and encouraged the team.

## SPORTS

In keeping with the changing milieu of fitness and to promote a good and healthy lifestyle in the Naval community, especially the ladies, this new portfolio was introduced by Mrs Reena Lanba, President NWWA. As a part of this initiative, ladies were encouraged to participate in the Airtel Delhi Marathon which saw enthusiastic participation of almost 25 NWWA members. Five of them participated in the half marathon, while the rest in Dream run. On NWWA Diwas, along with the Welfare Committee, a Zumba session was organized which saw wholehearted participation from the members. A Golf Clinic was set up at Kota House Practice Range for the ladies who are keen to pick up golf.

## TARSH

The block printing unit kept busy as new material for bedcovers and table linen was bought and printed. New wooden blocks were selected and ordered from Sanganer, Jaipur. The team worked diligently to display its products at the 'Anubhavi Lunch'. A new range of long runners, table linen sets, sandwich wraps and dupattas were in demand at the event, and also at the Samudri shop. The new wooden blocks were used to print all the gifts for the event of 'FLAME'. Admiral Sunil Lanba, Chief of the Naval Staff, visited Tarsh and showed keen interest in the process of block printing. Liza, a child with special needs from Sankalp, joined Tarsh and used blocks and colors to print on newspaper sheets which she then used to make paper bags. Similarly, Sukant, another pass-out of Sankalp, continued to print on newspaper sheets which were put up for sale as gift wrapping paper.



## TISS

Ladies who enrolled for the NWWA TISS-SVE Early Child Development course underwent various knowledge enhancement workshops on varied topics like Art & Craft, Personality Development, Making lesson plans, Interview skills, Time management and memory skills to enhance and improve their skills. An 'Anganwadi' visit was organised to get an insight into Government education projects for under-privileged children. A visit to a private pre-school 'Saksham' was organised for exposure to various school setups. The session was wrapped up with internal assessments, mock tests and final Viva-Voce. Thereafter, final exams were also conducted. The NWWA Delhi Hub also successfully completed 'Train the Trainer' (TTT) course with 18 participants. The Hub keeps busy with publicity campaigns and student mobilization for new batches. A Hub meet was conducted to decide on trainers for the new batch during which an Academic activity calendar was released.



## UDYOGIKA

Udyogika, a small-scale tailoring unit was successfully engaged in keeping abreast with the latest fashion trends while delivering quality work. In addition to the regular and routine work, the team of well-trained ladies produced beautiful ensembles for exhibition-cum-sale held during the 'Anubhavi Lunch'. The efforts were very well-appreciated and recorded a good sale. The team also worked zealously to produce an exclusive summer collection of cotton kurtas, skirts, palazos, and wrap arounds which was again a huge success. Admiral Sunil Lanba, Chief of the Naval Staff, and other senior officers of the Indian Navy visited the Udyogika centre and interacted with the staff. The keen interest shown in various activities built great confidence in the team and was a great morale booster.



## WELFARE

Keeping in mind the main aim of bonding and empowering all NWWA members, the Welfare team has undertaken many new initiatives. From TISS Diplomas to NIIFT diplomas, many new courses have commenced. This year at NWWA Diwas, fitness for all was emphasized upon. Around 350 ladies participated with enthusiasm in the mass Zumba and Yoga activities. Many ladies took advantage of the 'Well-Woman Health Clinic' organized at NSB I Chanakyapuri. International Woman's Day was celebrated with a meditation camp by Mrs Madhavi and Mrs Shalini. A Special Milan was organized to bid farewell to Mrs Aruna Korde, Vice President NWWA and Welfare Group Co-ordinator. Presentations by the Army Skill Development Center, Urban Clap and NIIFT were conducted at Varuni, where information on various courses was imparted. Yoga and meditation were conducted at all Kendras and ladies participated in large numbers. The Library activities created awareness amongst the members on various current happenings which the ladies discussed like effect of social media, 'Beti bacho beti padhao', etc.



## REACHING OUT TO THE DIFFERENTLY-ABLED

**Some occasions make us feel blessed to be able to get inspired while offering minimal help. One such occasion was when we donated a couple of gadgets to the Friends of the Disabled in January 2017 through the outreach program.**

There are some people whose purpose in life appears to be to redefine the word impossible for themselves and others. One such is Rajendra Johar.

Mr Johar's life is hinged on a supreme irony. "I, an occupational therapist, who helped the sick get back on their feet, became reduced to a quadriplegic state through a freak shooting accident," he wryly observes. The freak shooting accident that he refers to was in March 1986. Intruders, with the intention of looting him, fired at him in his house. For challenging them, Rajinder Johar got a bullet in his chest, but the real damage was caused by another one on his spine, leaving him paralysed from the neck downwards.

Doctors had told him he was 100 per cent disabled and that he would not be able to do much with his life. For six years after his accident, he remained deeply depressed. After that, something within woke up and took charge. "On my own, I evaluated my condition and decided to do something, instead of resigning myself to the end of the world," he says. Once he began, he was hard to stop. He longed to empower the disabled and give them the strength they needed to take back the reins of their lives.

His 'new family' became an NGO he founded and registered in 1992 called the Family of Disabled (FOD) to help disabled people to the maximum extent possible. Now, the foundation offers services like self-employment under Apna Rozgaar Scheme, sponsorship of the education of disabled students, distribution of aids for the disabled, and promotion of disabled artists and artisans. FOD

was featured on Aamir Khan's TV show, Satyamev Jayate in 2012, and the public donated Rs 88 lakhs.

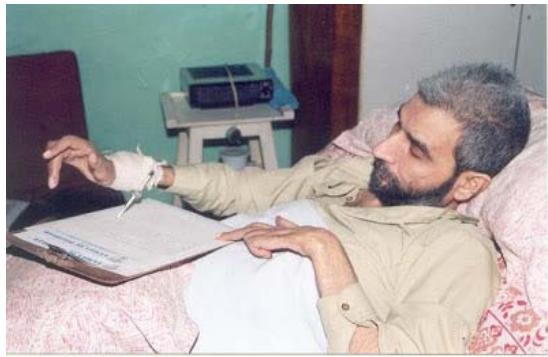
Despite his physical challenges, Mr Johar has done more than many of us would have been able to do. This is primarily because he has moved above the survival needs of the ego and focus selflessly on the larger good.

Mr Johar shows one can achieve anything, regardless of our challenges, if we never give up on our dreams.

NWWA donated just a few gadgets, ipods and a hard disk. This was immediately put to use by enabling the blind to read and the disabled to get more educated and empowered. When he thanked us, we in turn thanked him for giving us the opportunity to make a wee bit of difference to make the disabled able in life.

By Mrs Jamuna Rangachari.

Friends of the Disabled website: <http://familyofdisabled.org/>





World Health Organization (WHO) has defined health as a holistic state of complete physical, mental and social well being, and not merely the absence of any diseases. Developing a strong sense of inner discipline is the most important element for achieving the right connect between the mind, body and soul.

To achieve this, one can start the day early with running, jogging, swimming or any sort or sport for practising fitness. For each person being fit has a different and individual connotation. But having a healthy body is a must for all. One must exercise in any form for at least 30-45 minutes every day. This habit should be inculcated in a manner that it becomes a part of your daily routine. As charity begins from home, such inner discipline should be inculcated amongst children from a very early age.

A good and a balanced diet has a key role to play in achieving a healthy mind, body and soul. Eating out should be restricted and freshly home cooked food must be encouraged as much as possible. Avoid frozen food and have more of seasonal vegetables. We should consume as much liquids as possible in forms of water, soups, butter milk and juices. Having four small portions timely and having a family meal at the end of the day goes a long way towards harmonizing the body, mind and emotions. Yet another key aspect is adequate sleep. As an adult one must get at least six to seven hours of sleep everyday.

My fitness philosophy is to inject enthusiasm into people for having a healthy body and a content mind. In our quest for a healthy body, there is a diverse range of fitness regimens we can choose from. Yoga is one such practice that brings harmony to the mind, body and soul. Yoga has something for everyone. There is no age to begin learning as well as practising yoga. However, the right mindset is very important for being inclined towards it. Some practise yoga for the physical benefits while some get inclined for the spiritual aspect connected with it, and some for attaining both. With the regular practice of yoga, mind, body as well as the soul get connected eventually. Yoga is not only about a set of asanas, it is the way of life. Acceptance and discipline are two important elements of yoga, which helps on attaining inner wisdom to understand life better.

Yoga is as old as life itself. In essence, it is a manner of living. Basing its insights and discoveries on the observation of nature, Yoga enhances the quality to life. Yoga, for example enables us to think, behave and grow to our fullest capability. It provides us with procedures that consistently help us in every areas of our life. Yoga can be thought of as an ancient system of self-development that expedites man's natural process of evolution, and so would inevitably help us in becoming a better human being.

As told to Mrs Sharmista Debnath

Jessica Rana has been conducting fitness classes for the Naval fraternity since the last 15 yrs....Presently she runs fitness and Yoga classes for adults and children at Varuna complex from Monday-Friday





NWWA CORE COMMITTEE

**DURING 2016-17 NWWA bid farewell to the following committee members :**

Mrs Anita Puri	Mrs Aruna Korde	Mrs Devika Mathur
Mrs Phani Murthy	Mrs Charu Singh	Mrs Sumeeta Bali
Mrs Priya Deshmukh	Mrs Samantha Sudhir	Mrs Vrinda Chikkerur
Mrs Archana Gupta	Mrs Manita Singh	Mrs Rakhee Gupta

**DURING 2016-17 NWWA welcomed the following committee members:**

Mrs Sanskriti Ghormade	-	Coordinator, Girl's Hostel
Mrs Anjali Deshpande	-	Coordinator Skill India Project
Mrs Meena Pawar	-	Coordinator Udyogika
Mrs Kala Harikumar	-	Coordinator Soundarya
Mrs Sucharita Rajshekhar	-	Coordinator, NWWA Archives
Mrs Kangana Berry	-	Coordinator, Creche
Mrs Swati Bhave	-	Activity Coordinator, Welfare
Mrs Priya Bhalla	-	Activity Coordinator, Prerna
Mrs Simmi Srikanth	-	Activity Coordinator, Anubhavi
Mrs Manju Singh	-	Activity Coordinator, Udyogika
Mrs Neelam Bahl	-	Vice President
Mrs Nandini Gautam	-	Activity Coordinator, Prakriti
Mrs Paromita Ojha	-	Activity Coordinator, Sanchar
Mrs Tirtha Narayan	-	Activity Coordinator, TISS
Mrs Mallika Khanuja	-	Activity Coordinator, Arogya
Mrs Sunitha Srinivasan	-	Coordinator, Outreach
Mrs Zarine Singh	-	Activity Coordinator, Beauty Parlour
Mrs Supriya Pathak	-	Activity Coordinator, Sahara
Mrs Anubha Chetri	-	Activity Coordinator, Tarsh



WELFARE COMMITTEE, CHANAKYA BAGH



WELFARE COMMITTEE, NARAINA BAGH



WELFARE COMMITTEE, PALAM BAGH



NWWA COMMITTEE