



# VARUNI

NWVA EZHIMALA  
FEB 2020



HAPPINESS IS HOMEMADE

**Cover Page:** An artistic impression by **Mrs Shashi Tripathi** depicting a serene modern woman, harmoniously balancing work, love and family.



### NWWA COMMITTEE MEMBERS

From Left to Right (Standing): Mrs Sarleen Dhody, Mrs Princy Berson, Mrs Bhavani Gante, Mrs Mamta Srivastava, Mrs Shubhangani Pranesh.

(Sitting): Mrs Ritu Dhillon, Mrs Sonia Vikram, Mrs Shashi Tripathi, Mrs Srilakshmi Tummala, Mrs Gursharan Kaur.

MESSAGE FROM PRESIDENT NWWA (SR)  
Mrs Sapana Chawla



*All who have accomplished great things have had a great aim, have fixed their gaze on a goal which was high, one which sometimes seemed impossible.” – Orison Swett Marden*

Ralph Waldo Emerson once said, “Do not follow where the path may lead. Go instead where there is no path and leave a trail.” NWWA (Southern Region), which incorporates a wide swathe across the country with Dronacharya and Ezhimala in Kerala, Agrani in Tamil Nadu, Valsura in Gujarat, Hamla and Shivaji in Maharashtra, Mandovi in Goa and Chilka in Orissa, has indeed blazed the trail accomplishing all the goals we had set for ourselves. It has been a great honour and privilege to serve as President (NWWA) Southern Region. My compliments to all the committed ladies who are doing admirable work towards building and maintaining the spirit of this wonderful organisation.

In keeping with the vision of NWWA to empower women and provide them a platform for growth, NWWA (SR) has conceived an important project and brought it to fruition. We have collaborated with the prestigious Indian Institute of Management, Kozhikode for a three-month certificate course on Social Entrepreneurship. This pilot project, exclusive to naval wives, will commence shortly in Kochi.

Another major achievement, after many months of meticulous planning, has been the creation of a brand new facility called ‘Backwaters-Katari Bagh Samudayak Kendra’. ‘Backwaters’, as the name suggests, is fronted by serene backwaters of the channel and includes ‘Bayside Treats’, a trendy health cafe, ‘Panache’, a state-of-the-art beauty parlour, ‘Ekagrata’ tuition rooms and an open activity area.

Our sub-units too have joined hands in bringing about a positive impact on our environment. While NWWA (Agrani) carried out ‘Plogging’ and ‘Swachhta Hi Suraksha’ Community Sharmdan, NWWA (Dronacharya) planted over 200 trees and have been conducting beach cleaning regularly for making it an avian paradise. NWWA (Valsura) and NWWA (Hamla) recycled furniture from the scrap-yard for visual display of Samudri store, and also recycled used paper for gift wrapping respectively. NWWA (Chilka) has taken the green initiative by creating ‘Nari Shakti Van’, and the new ‘Chilka Phulwari Nursery’. NWWA (Mandovi) conducted talks on dental hygiene and importance of gynecological tests and NWWA (Ezhimala) & NWWA (Shivaji) have focused on infrastructural improvement of the Beauty Parlour and Balwadi respectively.

It took the grit and vision of a 16 year old from Stockholm, Greta Thunberg, to capture the world's imagination on the impact of global warming and raise the alarm to necessitate action on urgent footing. Her persistence has resulted in more than 60 countries pledging to meet their carbon footprint reduction targets by 2050. Global warming is probably one of the greatest threats faced by humanity and all living creatures. It is happening even as you read this.

Nations around the world are researching ways to mitigate climate change. The Indian Navy has taken serious measures to reduce the carbon footprint on its platforms and naval bases and NWWA is supporting and augmenting these measures. Here at NWWA (SR) we continue to protect, nurture and improve our surroundings.

Replacing common use plastic items with cloth bags, bamboo straws, steel tiffin boxes in NCS, copper or glass water bottles etc., has been one line of action. In addition, we are also spreading the message to our surrounding communities and have engaged with local authorities to take actions in areas outside the naval base. We are also involving our children as our ambassadors to spread this message through the Outreach and Prakriti groups using jingles and street plays. We believe in walking the talk and making a difference! In 2020, let us redouble our efforts to ensure a plastic free environment with positive reinforcing steps to Reduce, Reuse, Recycle and Replace.

Women can be the harbingers of change as they have multiplier effects on issues of importance - she can change her household, her community, her society and nation. NWWA (SR) has made it a point to include informative and educational messages in all our coffee mornings or Milans. We are encouraging a new concept called 'She Chefs'. Under this, naval wives can sell their homemade food products. We have brought a significant beauty brand called Panache to our naval base at affordable costs and even opened a café dealing in health products next to the gym. Our intention is to promote healthy living by inculcating healthy lifestyle practices in our community. We had a "chai pe charcha" with young navy wives to educate them on what NWWA is and what we can achieve together, if we all share responsibility.

I am confident that there will be committed and enthusiastic participation by all our women in the various activities we have planned in the coming months. I would like you all to continue to share your ideas and join hands towards community service.

I thank the NWWA (SR) members for their sustained and immensely laudable efforts in achieving our common goals. We may have miles to go but we will, hand in hand, step by step, walk the path and attain our aims.

MESSAGE FROM PRESIDENT NWWA (Ezhimala)  
Mrs Shashi Tripathi



Whilst *'Home is where the Heart is'* was made famous by Elvis Presley in the 1962 hollywood movie *'Kid Galahad'*, this proverb has probably been in use since eternity, some attributing it to Pliny the Elder (AD 23-79). Subsequently, it has been used by many to indicate, in their own way, that 'your home will always be the place for which you feel the deepest affection, no matter where you are'!

I am glad that we at NWWA Ezhimala have selected 'Happy Homes' as the theme for this edition of our magazine. Since one attaches deepest affection to our homes, it is highly important to make them 'happy', using whatever means and methods one is comfortable with, and more importantly believes in! The significance attached to happy homes cannot possibly be quantified, as there are intangible elements that define the outcome of having one. I believe that happy homes generate tremendous amount of positivity and energy, which ultimately makes living healthier, happier and memorable. They also enhance synergy and productivity, and facilitate improvement in quality of work and living experience.

Scientific research has indicated a number of health benefits of happiness. These include improved heart health and lower risk of heart disease, and the ability to combat stress more effectively. Furthermore, it has been found that happy people have stronger immune system and thus can fight infection or disease more effectively. Happiness promotes a feeling of general well-being and helps in reduction of pain, especially due to chronic conditions. It has also been found that being happy improves longevity of life.

You will also agree that happy homes contribute significantly to the community at large, both in terms of team work and cohesiveness. Both these factors are important elements in any organisation: as they add to the overall productivity, efficiency and effectiveness; and most importantly to the happiness and contentment quotient around

Let us all at station Ezhimala work towards making our home HAPPY. I wish you a happy and pleasant stay in your homes in the serene and beautiful ambience of the Indian Naval Academy.

## FROM THE EDITOR'S DESK

### Team Sanchar

The noted poet and Nobel laureate TS Eliot once said, “*Home is where one starts from*”. This is not just a profound truth, but also brings out how our homes are closely intertwined into the very basic fabric of our lives. It is this home where memories are created and laughter never ends, and when things are not going your way, that’s where you return.

But what if you don’t have a home? What happens when the place you call home jumps streets, colonies and cities every year (or lesser!)? I am sure every Naval wife has at least once had this thought run across her mind. But that’s when it dawns on us that a house, made of bricks and beams, transforms into a home with the love and warmth of the family that stays in it. So what if the concrete structure or number of bedrooms change; at the end of the day when you hear your children giggling with fun playing hide and seek behind the yet-to-be-unpacked cartons, you know you are home!

Our homes, therefore, are an extension of who we are. What we do within the wall of our abodes colors our mood, shapes our productivity and influences our outlook on life. It is upon us, the homemakers, to create an environment that is at the same time relaxing at the end of a long day and yet stimulating for the young minds. A place which presents our guests with welcoming warmth and yet provides us cozy corners for our privacy. Essentially, create our very own special homes within the bare walls of the allotted house.

So, this edition of Varuni is themed on “Happy Homes”. We, at the Sanchar Team, attempt to bring together your stories of the beautiful homes, created painstakingly and with love. We also look at some healthy lifestyle tips and inexpensive ideas for a home makeover. A special feature on cozy corners and personal anecdotes from our contributors rounds up this edition. I sincerely hope you will enjoy reading it, and look forward to your feedback at [varuniezhimala@gmail.com](mailto:varuniezhimala@gmail.com).

- Mrs Sarleen Dhody  
Sanchar Coordinator



Team Sanchar : Mrs Sarleen, Mrs Biny, Mrs Ruhi, Mrs Prerna, Mrs Reshmy

## NWWA ACTIVITY REPORTS

### BALWADI

The period Oct to Dec is the season of festivities. Just so, the Balwadi Family too enjoyed the festival season in addition to a few other events from Oct 2019 – Jan 2020.

To ring in the cheer, Diwali was celebrated at the freshly painted and decorated classrooms. The ever-willing volunteers of station Ezhimala joined hands to make the place colourful. When the parents show the beacon, how can their children be far away? So, very soon we found that the children of Balwadi had been invited to NCS to join the Diwali Celebration at NCS. **Mrs Shagun Sobti** added to the festive spirit, and along with **Mrs Sonia Vikram**, distributed the Diwali sweets to all children including our children of Balwadi. The memorable event will for-ever be etched in the minds of the young children.

'Hand Wash Day' was a chosen theme to introduce the children to hygienic and healthy practices. **Mrs Ikshitha Bora** also conducted a workshop on Handwashing.

Children's Day was celebrated at Ettikkulam Beach with zeal and enthusiasm. Lots of games were organised for the children, in which the children participated with gusto. The picnic and snacks were thoroughly enjoyed by one and all.

Sports Day was conducted on 6th Dec which saw eager participation by the children. The day concluded with Christmas celebrations.

The Annual Day was also celebrated for the children of Balwadi on 06 Feb 2020.



## NWWA ACTIVITY REPORTS

### PRAKRITI

NWWA Prakriti organized a Spot Drawing / Painting competition (23rd, Oct) for the INA campus children, the central theme being NATURE.

The kids participated enthusiastically and showcased their innate talent and creativity in a competition that saw nearly 50 young participants in a 3-tier age category. They merrily drew lines and painted the varied colors of nature. The venue pulsed with happy cute faces and their little fingers brought out a riot of colors on the fine canvas, highlighting the Nature theme. The best three canvases went on public display and the winners walked away with their proud prizes. The INA campus witnessed a memorable day indeed to celebrate and cherish the nurturing nature!!



### AROGYA

The annual Grah-Lakshmi Health Camp was conducted for the ladies of INA from 20 Jan to 25 Jan 2020. The camp encompassed full-body check, including comprehensive blood tests, and dental checkup.

A special lecture on lifestyle diseases and preventive measures by **Surg Cdr AK Nayak** was also conducted as part of the camp. The entire activity received an overwhelming response from ladies.

## NWWA ACTIVITY REPORTS

### KALA KENDRA

Kala Kendra ensures that ladies and children have ample opportunities to pursue a hobby whether it is fitness, contemporary dance or yoga.

Besides organizing tuition classes in all subjects for children from primary to, secondary level, numerous hobby classes have been arranged to hone their creative skills. Thus, children get opportunity to learn classical dance, karate, abacus, keyboard and guitar.

A plan towards improving facilities at Kendra has also been prepared and is under consideration for implementation.



### SPARSH

Team NWWA had an outreach visit to one of our neighboring institutions, Pratheeksha Buda School, a school for the specially-abled children.

**Mrs. Shashi Tripathi**, President NWWA (Ezhimala), interacted with the students and teachers while sharing her valuable perspective. The teachers were extremely delighted and grateful for the one-to-one and frank interaction.

The activity gave an insight into the challenges of the students, their education methodology, coping mechanisms and therapies. The NWWA members contributed whole heartedly towards enhancement of school infrastructure.

Team Sparsh remains committed towards noble social causes.

## NWWA ACTIVITY REPORTS

### SAMUDRI

With the aim to make *Samudri* as the 'One Stop Shopping Solution' to the naval community at Ezhimala, it has been well stocked with commercially viable products. A variety of products including local arts and handicraft of Kerala have also been introduced. *Samudri* has become a go-to 'Souvenirs Mart' for all visitors of INA!



## NWWA GREEN-EASE CARNIVAL

### NWWA GREEN-EASE CARNIVAL

*Yeh kahan aagaye hum, yuhni saath chalte chalte....*

If this takes you back in the memory lane to the epic movie *Silsila*, then you are not wrong, especially if you were at Station Ezhimala on 24 Jan 20. Because the ignored, untouched piece of prime-property at the Multi-Functional Complex near the NWWA Kendra had been completed transformed into a perfect **Amphitheatre**, all thanks to the industrious effort of our own ladies.

The task of revamping this place began in mid-Jan. To keep the minimalistic *Santorini* look, turquoise and white were the choice of colours to highlight the structural staircase, while keeping the natural sloping stone walls just the way they were. Nearly a hundred discarded glass bottles were painted and hung in series on the stone walls ...and they made the place look majestically bejewelled.

Voila! Now all this looked *chic* and called for the first celebration. A **Carnival** which was based on the prescient idea of NWWA President - Recycling.

Very soon... ornate carnival masks, colourful umbrellas hanging in mid air, beautiful ladies in festive spirit who willingly graced the occasion...fun-filled games, name it and we had it all.

The centre-piece was the eye grabbing, recycle themed Fashion show, where, it wasn't just the music, but the gorgeous ladies who walked headsup adorning stunning accessories culled from their husband's old uniforms. One had a giant

paper flower stuck right in the center of her husband's Peak cap, while the other smartly crafted a paper plate Beret. There were button studded Kamarbands, glittery gold neck ties and paper button studded coats to add to the grandeur. A shirt and Kamarband had become a hep halter dress in black and white, while a kiddo's colour pencil was used as a beautiful dangling ear ring. Heel tapping music, stylish recycled accessories and the festive vibe made these gorgeous divas look no less than professional models.

The carnival wouldn't have been complete without a Flamenco-styled dance set to Goan tunes. The fun evening rounded off with food stalls serving mouth-watering home-made delicacies from oats chilas to the heavenly chocolate muffins. It was surely an evening to remember!



## NWWA INITIATIVES

### SAUNDARYA

Saundarya has seen many a changes and uplifts such as repair and replace of defunct equipment and better air conditioning. Major renovations were also undertaken in the month of Oct 19. Within a span of a month, the space has been beautifully transformed both structurally and service wise. The interiors have been done up tastefully, and the entire range of equipment viz chairs, beds, shampoo station, mani-pedi chair etc have been replaced. The décor, lighting and music have been thoughtfully integrated to offer ladies the most pampered experience.

The services of a much-needed hair stylist have been introduced who will visit on a weekly basis from Mangalore. The salon and its services come with high recommendations and the residents are making the most of this professional service at discounted rates.



### LIBRARY

Books are a child's best friends. Keeping that in mind, the NWWA library was renovated, adding vibrant colors to encourage more children, as well as their parents, to explore the racks. Workshops for story-telling and creative writing were also conducted in the library.



## NWWA DIWAS

The dance floor was set, the aroma of the food stalls was hard to spurn, the creatively decorated recycled planters were put on display, the enthusiasm of the crowd was at peak and it was difficult to make out what was more pleasing - the breathtaking view of the Ettikulam beach or the ladies!

NWWA Ezhimala celebrated the 34<sup>th</sup> NWWA Day on February 15, 2020 with enthusiasm and exuberance. Themed on health and fitness, the event saw a large participation from the ladies of the station. The event commenced with Mrs Shashi Tripathi, President NWWA (Ezhimala) addressing all the ladies present, reminding them of the pivotal role in women empowerment, welfare and community support. The evening started on the right note with a fun- filled Zumba dance set on peppy dance numbers, and was followed by the cake cutting and release of the special edition of Varuni.

The program ended with a frolicsome tug-of-war on the beach. By then the air was filled with the wafting aroma from the food stalls of yummy homemade items put up by ladies. The celebrations ended on a high note with group photographs, making the day memorable for all present.



## TIPS FOR GROWING 'GREEN FINGERS'

Mrs Mamta Srivastava



I wish to start my piece with a disclaimer that I am not a subject expert in gardening. It's just that a new bud, a new leaf, a healthy plant, a magnificently geometric flower are enough to uplift my soul and bring a smile to my lips. Emily Bronte's quote "*Every leaf speaks bliss to me*" expresses my feelings the best.

Here I wish to share a gardening tip that I have used and reaped well from. As we are all aware the laterite soil available is not the most conducive to growing plants. To make the soil rich in nutrients, I have created my own compost pit/bin. It is very simple really. Forget all the complicated composting techniques and just try this.

I had a broken cement container lying in my backyard. One could just about use any kind of container, a bucket, a dustbin, or even a broken one in that will do the job. It's a misnomer to think that we need a specific size or type of containers. All the vegetable peels, tea leaves, used filter coffee grounds, cooked food, and non-veg leftover, everything actually are put into the bin.

It is also extremely beneficial to add a little horse manure (so readily available at ETTINA) to the compost bin. Every few days, I cover it with the soil available in my garden area. The process repeats. The soil cover helps in decomposing without letting out any foul odour whatsoever. A month or so later, I scrape the dry soil off the garden and pile it aside.

Thereafter I replace the ground with the compost-mud mix. The scraped soil then is used to line the bin alternating with the vegetable waste. That's it. This way in the past 1 year I have managed to turn around the mud in the entire garden, one bagful at a time.

There are a few additional incidental benefits of this;

- ✓ The seeds in the compost have germinated to give me almost 6 tree saplings which I managed to plant in and around the house.
- ✓ I do not need to use the green plastic made available for dispose of degradable waste.
- ✓ Since it is truly an organic compost, it teams very well with Neem powder (available easily in the market) to battle any insect infestation.

I write this article with the hope to share my joy of this beautiful bounty provided by Ezhimala and do my little bit to be a part of it. Please feel free to reach me with any queries.



## A PLACE LIKE NO OTHER!

Dr Gowri Bhardwaj



*I wonder like a child whose innocent quest for answers doesn't cease ever, The quest to add positivity and a passion for life in all its splendour.*

*I love to wander here like a butterfly for a truly euphoric experience, And sway like a lucid dream that encapsulates my very sense.*

*As I walk slowly through the gateways of the splendid muse, I begin to admire the aura via exhilarating clues.*

*Like a canvas that aesthetically reflects a melange of colours, hues and shades, It, truly, is a captivating visual treat and unconditionally handmade.*



*The sweetness in the laughter and the comforting silence at times,*

*Soothes my mind like the effect of the meditating sound of wind chimes.*

*Like the memoirs and artefacts that bring grace and character to my abode, The deep unspoken connect of Yin & Yang harmonises every single thought.*

*Seeing all this and much more wrapped in beautiful veils melts my heart, It is as special as a mother's embrace full of warmth.*

*I feel immensely gratified being in this blissful existence, This is my home – a place where love breeds and breathes in abundance.*

## Cushions – Not just decoration, but a 'functional furniture'

Cushions are a cost effective and less permanent way to experiment with design and colour within a space. Cushions are an essential element to the feeling of a room; they create a sense of softness and tactility whilst serving functionally through adding comfort and support.

The cushion is an ancient article of both decoration and functional furniture. From the early Middle Ages through to 19th century palaces, they would adorn and be used for seating or kneeling, when seats were often hard and uncomfortable.

Nowadays, decorative cushions are used widely with infinite options of pattern, colour, texture and scale to create a variety of looks, atmosphere or mood for your interior.



**A LITTLE BIT *HERE*.... A LITTLE BIT *THERE*....  
A LITTLE *EVERYWHERE*!!**

**Mrs Bhavani Gante**



As I sit down packing up our Christmas tree, I promised myself making a New Year resolution for keeping a tidier home.

I imagined a clutter free, mildly fragrant home, with beautiful planters, and our Angelic daughter arriving from school and keeping her belongings at their proper place in our spotless home.

In the midst of this beautiful daydream, I haven't considered my second child in the story - My husband. Bless his heart, I love him dearly, but one more sight of a wet towel across the railing or his footwear and cap out of place, I might lose it!

Then it dawned on me, who am I kidding?

Just then...a thought clicked...

The younger they are the easier and faster they groom.

House with young kids is a constant hurricane of clutter. Keeping up a clean home with kids underfoot is a task not so easy.

But I am lucky so far.. Here is how I deal with the clutter.....

### **Discouraging the Urge to Buy more Toys**

Have you ever wondered where it all starts? The culprits...for example, the marketing Gimmicks the tiny egg-shaped chocolates with a toy is definitely every Kinder Joys. And these minute invaders add on to their collection of "Travel Toys" and Our house had a bountiful of them.

**My Way:** Make a deal... one good toy they earn for a special day in lieu of myriad tiny ones.

### **Rules of their Little "Kingdom"**

Toys are the fastest and smartest invaders of every house. They are swift to camouflage in between Novels, among the planters, sometimes as guests on the couch, at times on the dining table as if awaiting food, and the most dangerous one's are those tiniest, sharpest which go unnoticed on the floor which can guarantee a good SKID!



**My Way:** Whatever comes from the Den goes back to the Den. But WHEN?? It is best to be done while at play. Before they switch from their Spiderman series to

Lego or Barbies, make sure the previous one rests in their place. And the same applies for a play date with friends. It is true...the more.... the merrier. But it is important not to forget the Clean Up rule applies at their Home and also at a Buddy's place.

Together we do, together they learn, this is something our parents did for us, and we sometimes miss out on.

Playroom rules definitely prevent the expansion of their Toy Zone.

### **Choose your Battles**

Being a parent is hard, and keeping a clean house is exhausting. Sometimes the chaos of it all can be overwhelming.

Give yourself some CREDIT for you have TRIED. Take a break, accept the clutter, and more so the fact that it is a Home, not a Hotel. Energy swings, exhaustion, bursts of anger are all NORMAL. There is always a scope for improvement.

Remember ....

*Life does not get better by chance, it gets better by change - Jim Rohn*

*Happy Cleaning Folks! :-)*

## **GARDENING TIPS – Make your waste work for you...**

### **Soak the Seeds for Better Results**

Soak the seeds in warm water 24 hours before planting. Just don't soak them for too long, and be sure you plant them immediately after the soaking period ends.

### **Calcium Supplements for Your Plants**

Calcium is good not only for your bones, but also for plants! Crush eggshells into pieces and sprinkle in the plant soil. It has an added bonus of reducing pests.

### **Water Plants with Used Cooking Water**

Why throw away cooking water after you've boiled eggs, pasta or vegetables? Re-use it to water your plants, and they'll appreciate it too, because the water is packed with nutrients. Just don't forget to let the water cool down first!

### **Add Nourishment with Coffee Grounds**

Coffee is a stimulant not just for humans, but also for plants. Waste coffee grounds can be reused as natural fertilizer. It helps your plants grow because they are acidic and ideal for roses and evergreens.

## BECAUSE EVERY CORNER *SPEAKS*!!!

Compiled by Mrs Biny Kewal



You know what the best experience is just after marriage- ***setting up a house***. First time in a Naval Base, I visited various houses and was intrigued by the way ladies have set up their homes sophisticated and graceful, just like the Naval wives (ahem ahem).

Every house I visited spoke a different story and depicted their life stories indirectly. I thought corners are always the most ignorant part of one's home, but I was astonished to look at the beautiful corners and the smart decoration in these houses. So, let us take a sneak peek of some of the corners (I am sure at the end of this article, not only you will have ample of ideas but you will start respecting every corner of your house...lolz). Let's put those empty corners to work!

- ***Cozy Reading Corner.*** Super simple ideas to read & relax at the homes of **Mrs Bhavani Gante** and **Mrs Neha Prasad**.



- ***Relaxing Nook in Living Room.***

Vibrant, comfy, this nook creates sitting space in **Mrs Biny Kewal's** living room.



- ***The Creative Corner.*** Simple & colourful flower pot. Its uniqueness lies in the fact that the flowers are handmade from the outer layer of corn and painted by the owner, **Mrs Monisha Abhilash**, herself. Best out waste too!

- ***A Beautiful Courtyard.*** Sunshine and greenery is a failsafe way to breathe life into any part of your home. Some potted greenery and traditional brass diyas complete the look at **Mrs Shashi Tripathi's** home.



- ***Musical Inspiration.*** An ideal space to play, learn, create and connect.... because at the house of **Mrs Princy Berson**, where words stop, music begins!

- ***An Inviting Corner.*** Make the staid bar cabinet come to life with hanging spaces for stem-glasses, enhancing the curated collection of crystals and wines at **Mrs Monika Verma's** house.



- ***Ethnic Corner.*** Spruce up a blank wall with handcrafted mud artefacts to give it an ethnic look like **Mrs Sarleen Dhody**.

## THE SECRET OF A HAPPY HOME

Mrs Sarleen Dhody



I still vividly remember my visit to Mrs Saluja's home, although it happened well over 19 yrs ago. The spic and span look, gleaming floors, intricate carvings of the furniture. The coordinated maroon colours of the curtains, tapestry, carpet and covers, along with the dark teak furniture, giving a deep sense of warmth and comfort.



The extensive glass shelves neatly arranged with curios, tastefully segregated on their origin, and the expensive oil paintings in ornate frames lining the walls clearly echoing the refined taste of the hosts. Obviously, it left a deep impression on me, and I immediately knew what *my* home should look like!

And, very soon, in my new-found role of a young wife, I set about seeking that dream house with all enthusiasm. Spending hours terrorising the domestic help while she mopped, preening over furniture arrangements, correcting every wall-hanging which dared to be askew, dusting every nook and corner lest a dust particle be seen. The endeavour took me to shady *chor bazaars* and spooky *china shops*, hunting for bargains for the elusive perfect curio based on what so-and-so had or did not have! With each shiny new fixture, new furniture, new curtains and artefacts, and transformation of each room from drab to fab, I thought that I was making happiness for myself and my family. And before I realised it, it became an obsession.

Today, when I look back on those early days of my marriage, I am more than slightly embarrassed to admit that over the years of gutting and re-modelling our home, I spent far too much of that time trying to make my house look prettier, rather than to making it a "home". The truth is that no matter what the wall curtains and furniture is made up of, they are not what makes a family happy. No matter how pretty or stacked with curios the house is, if it's a littered mess, or we're grumpy from a bad day, or we're too hard on ourselves for the house not meeting every grand expectation (it's too small!, why are all the walls yellow? I don't have a Chinese corner), the family can never find happiness in that home.

What makes a *Happy Home* are the people in it, the activities we do together and the simpler, more practical changes that we do to the space we call home. A home can be an oasis only if we're happy in our home. My futile attempts to compensate what my pigeon-coop house lacked by adding worldly things- stuff bought at stores like rugs, sheets, cushion covers, crystals, vases etc- really didn't do anything but fill up space.



The happiest moments I remember today are not the arrival of the hand-woven carpet, but the kids prowling on the jute *ki chatai*. It's not the Vietnamese painting which catches eyeballs, it's the plastic frame with a throwback snap of our friends. It's not the shining granite and glass which makes the house inviting, it's the warmth of the hosts which the guest relishes.



I think that the German inventor Frederick Keonig got it right way back in the early 19<sup>th</sup> century when he summarised that “we tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have”. Nowadays, I don't even have time to think of shopping, much less decorating the house. And what I look forward to is spending time with kids and family, quality time. Time spent decorating a house during festivals, preparing a bhel-puri dinner together or even arranging the newly allotted house.

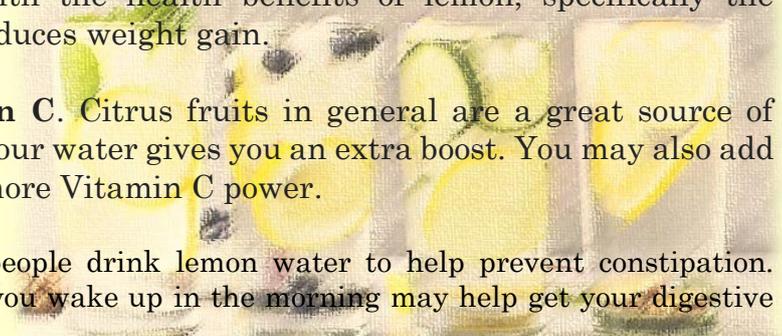
So, people, go ahead and enjoy the small joys of life, relish the moments spent with loved ones. Do invest, and invest heavily too; but invest in making truly fond memories that will make your heart warm when you think about them. And if the neighbour asks whether you have guests over as they heard lots of laughter, you know you finally have a Happy Home!

## HEALTHIFY - Stay Fit with these Detox Drinks

These simple detox waters are an easy way to drink more water, lose weight, hydrate and support your immune and digestive systems – plus they taste amazing!

What are the **benefits** of lemon water detox?

- ✓ It helps promote **hydration**. We should be drinking eight glasses of water per day. Adding lemon to your water helps it taste better and will help you drink more water.
- ✓ Water and Lemon support **weight loss**. Drinking more water will actually make you feel full. That combined with the health benefits of lemon, specifically the polyphenol antioxidants, helps reduce weight gain.
- ✓ It's a good source of **Vitamin C**. Citrus fruits in general are a great source of Vitamin C, and adding lemon to your water gives you an extra boost. You may also add in orange or grapefruit for even more Vitamin C power.
- ✓ Helps with **Digestion**. Some people drink lemon water to help prevent constipation. Drinking warm lemon water when you wake up in the morning may help get your digestive system start moving.



So, here are four fabulous drinks that are tasty and will detox you in no time...

### Ingredients

#### **Lemon Mint Water:**

- 3–4 slices of lemon
- 3 sprigs of mint
- 8 oz of water
- 

#### **Lemon Blueberry Water:**

- 3–4 slices of lemon
- 10 fresh blueberries
- 8 oz water
- 

#### **Cucumber Lemon Water:**

- 3–4 slices of lemon
- 4 slices of cucumber
- 8 oz water

#### **Lemon Ginger Water:**

- 3–4 slices of lemon
- 3 slices of fresh ginger root (1/4" slices with skin on)
- 8 oz water



### Instructions

#### **Lemon Mint Water:**

To a large glass add fresh lemons slices, mint and water. (muddle the mint a little if you'd like to really taste the mint flavour)  
Drink.

#### **Lemon Blueberry Water:**

To a large glass add fresh lemons slices, blueberries and water.  
Drink.

#### **Cucumber Lemon Water:**

To a large glass add fresh lemons slices, cucumber and water.  
Drink.

#### **Lemon Ginger Water:**

To a large glass add fresh lemons slices, ginger slices and water.  
Drink.





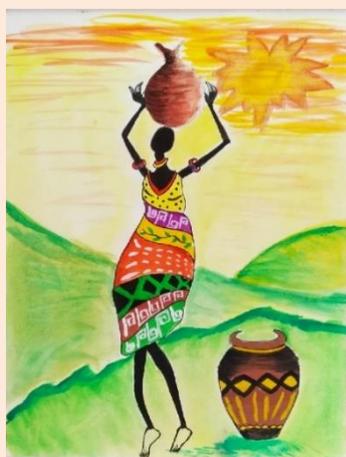
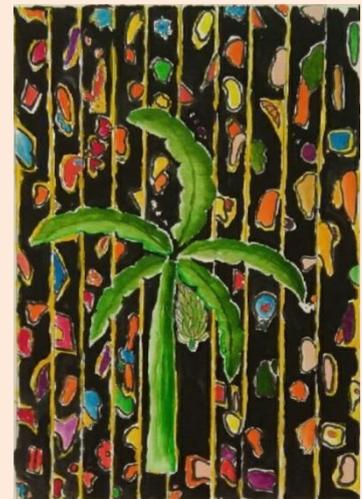
We are newlywed and we feel completely blessed to have this opportunity to start our new life in this aesthetic hill station filled with natural beauty. Although, it's true that stepping into this new place for the first time was completely overwhelming for, I had this mixed feeling of joy and sadness of leaving my urban lifestyle of the city and starting this new chapter of life with my husband. But, after spending a few days here, I got accustomed to this new life here. Now I totally understand the human ability to adapt ourselves into any new situation.

When we had the first look of our house in Ezhimala station, I felt completely mesmerized by the beautiful architecture of the house and most importantly, the abundance of space. Many ideas started filling my mind of how I will decorate this beautiful house and make it our home sweet home.

Apart from styling our house with all the important furniture and decorative art pieces, I also wanted to fill it with my own experiences of life. I wanted to offer my guests a complete positive experience and energy when they enter my house. There is a saying back in my hometown that the way you keep and decorate your house reflects the personalities of the people residing in it. I love to play with colours, so I chose to decorate my house with few of my paintings as well.

**Banana Tree**

This painting is totally related to my own personal experience. It portrays my journey of leaving the urban city life to settle down with my husband at a hill-station. I was not accustomed to such a lifestyle; it came as a shocker to me to stay at a place without shopping malls and the chaos of city life. The sudden change made my heart heavy with uncertain emotions. It took me some days to get over and see the advantages of this lifestyle. I realised that "beauty truly lies in the eyes of the beholder". Everything depends on the way we look at things.



**Pot**

I have painted this one to show the compassion of a woman towards her family and the importance of water in our life. Even I have faced the problem of water scarcity here. These women go a long way to fetch water for the needs of their families. Each and every drop of water is important to them and so as to us. I have learnt the value of such smaller things making a huge impact in our lives.

## Buddha

I have decided to put up a painting of Buddha as he signifies calmness, harmony and peace. Every family needs these to balance a healthy lifestyle. Buddha's face is so serene that whenever we look at his face, it immediately gives us a soothing feeling. I used the saffron colour to display courage and selflessness. That's what Buddha preaches in his teachings to be a good human being. I have also used yellow as it brings a positive mood. The plants and the green colour are used to signify the growth of an individual in a healthy environment.



## Krishna

Lord Krishna symbolizes compassion, tenderness and love. I have dominantly used blue colour in this painting as it is considered beneficial to our mind and body. It also symbolizes trust, loyalty, wisdom, faith, truth and heaven. Every family needs these qualities to co-exist in this beautiful place harmoniously.

## Champa

Champa is a jolly female elephant who is excited about unfolding all the new adventures of her life, She loves all the fancy and glittery things a girl loves and is quite a dreamer. Since all the elephant herds are matriarchal, she is learning from her mother to play a key role in controlling the social network of the group and ensure the survival of the elephant family. After her mother, she'll be the one leading her family. She is sensible and yet childish at the same time. But, overtime she wishes to become a strong lady like her mother. Champa is my expression of transition of a girl into a woman...indeed a strong woman!!



## Swinging Girl

A woman is an epitome of love and care. She plays various roles in her lifetime starting from being a daughter, then a wife, a mother and many more. Her life is challenging too but she always puts others first before her. I decided to make this painting to motivate myself that even though I'm married now and I have to manage my household duties, I can still spare some "me time". I can utilise this time to recreate myself, my hobbies and be happy just being myself. Not only me, in fact, every lady should use this "me time" and recreate herself as it is wisely said that, "You can make others happy only when you're happy yourself."



## WAYS TO MAKE YOUR HOUSE LOOK POSITIVE

Mrs Reshmy Menon



“There is no place like the home” goes the saying. It is the place where laughter tinkles, beautiful memories are frozen and a place of comfort, rest and relaxation. Hence there is a need to make the home, your personal space, rich by positivity. This will most definitely lead to total wellness, enhancing the very nature of the home. So, we can explore on a few ways which will make the home positive.

**1. Clean, De-cluttered space:** A clutter free space gives you a sense of peace and calm. An organized home has a positive impact on the mind by making it focused. Have a place for everything! Free flowing air and sunshine are great negativity removers.

**2. Aroma and essential oils:** Beautifully fragrant essential oils freshens the home, reduces stress, fatigue and anxiety. Some great names are Lavender (calming oil), Lemon (anti-bacterial), Tea tree, Rosemary, Wild Orange, Peppermint, Jasmine etc. The aroma can be wafted through oil diffusers, room-sprays or scent filled jars, which will certainly bring a sense of balance to the home.

**3. Paint your home in varied colours and add aesthetic decorations:** Beautiful flower vases, illuminated lampshades, inspiring paintings, indoor pots and plants, pictures of your loved ones, lovely curtains, add an everlasting charm to your home. Wall-colours can have a huge impact on your mood. Yellow is associated with cheer and positivity like the sun, blue for focus, violet black for mindfulness, yellow green for optimism, silver for balance and harmony. These shades can help one to relax, making the home an ideal place for recuperation in a stressed and harried world.

**4. Less is more on the concept of decoration:** A minimalist home décor is something that will never go out of fashion. It focuses on achieving better design and look through simplicity. A simple combination of form, space, material, colour or detail can make the home look fabulous. Some ideas can be: highlighting certain elements like a daring wall colour, a patterned rug, an artwork, a flower decoration, a geometric design while keeping the rest of the room minimalistic in tone. This helps the selected decoration to shine to its potential. An expanded light reach, edited spacing, use of natural materials contribute to this concept of decoration.

**5. Celebrations and festivities at home:** A home should have varied celebrations as they evoke the positive qualities in oneself. Diyas and candle lightings charges the atmosphere of the home positively. Sharing a meal or ceremonies induce cheer and fill the home with love, life and laughter. Take a few moments to celebrate even the littlest thing. You'll be amazed by how much positive energy it brings to your day!

Use the tips above and with your creativity, pattern a cozy and warm home with a colourful, calm and nurturing environment. A home filled with positive vibes is worth its weight in gold. So, go ahead and design the house beautiful!!!!

## DECORATION IDEAS FOR TRENDY HOMES

Curated by Mrs Ruhi Jasrotia



Trendy homes no longer needs fancy bank balances. This can be done by looking at the corners from new perspectives. A curated list of latest ideas to make your home trendier than ever...



### WARM TONES

Stark whites and washed greys are about to fall out of fashion. Rich, earthy tones are making an appearance in minimalist, European-inspired homes – from deep burgundy reds and burnt oranges to rusty terracottas and murky green.

### VINTAGE LIGHTING

The modern farmhouse trend is driving the craving for vintage lighting. These days, old-timey copper pendants are in demand particularly in places where task lighting is needed.



### MIXED METALS

Metals go really well with all sorts of colours, but mixing metals with different finishes is an instant way to add visual intrigue and depth.

### MINIMALIST BEDROOM

Bedrooms are meant for sleeping, not binge-watching Netflix. To make the place where you rest more relaxing, stick to a minimalist look in neutral colours. To get into the sleep-zone faster, top off your bed with soft sheets and sink-in comforters.



### NATURAL FURNISHING

Technology overload may be driving you to crave more natural elements throughout your home. If that's the case, consider surrounding yourself with wooden pieces that are both pragmatic and stylish like rugged bar stools and edge wood countertops.

### PATTERNED PLANTS

We all love indoor plants, and they're about to get a lot more trendier. Varieties like the prayer plant or snake plant add more lush texture to your home.





धुंदली सी एक तस्वीर मिली कल, साथ ले आई, बचपन के पल ;  
जब वो बेपरवाह ,मस्ती से चूर, उलझन ,थकावट से थी, कोसों दूर ।  
बनी पत्नी जब वो, तो अपनी, परवाह ही भूल गई ऐसे ;  
माँ बनी तो दिन बच्चो में ही , गुज़र जाए जाने कैसे ?  
कभी हुई बहु, तो खुद का, तन अनदेखा सा कर देना ;  
निभाये रिश्ते नाते सारे, हर रूप में खुद को ढल लेना ।

कभी लगे भागती ये दुनिया, तुम पीछे , छूटी-सी नज़र आती ;  
इन ज़िम्मेदारी की दौड़ में, साथ घिसटती सी जाती ।  
भरी हो अंदर , गर कुछ बातें, तो आज तू सबको बतलाना ;  
क्योंकि अच्छा होता है यारा , कभी थोड़ा मतलबी होजाना ।

कभी मन करे तो बिन परवाह , तू ठहाके खूब लगा लेना ;  
जी भर, खिलखिलाके हंसना ,बच्चों सा रूठ, मना लेना ।  
दे कुछ पल भी, अब खुदको तू, आज जीभर, फिर से सज जाना ;  
रख खुद घर में इक कोना तू , वहां सुकून से वक़्त बिता आना ;

गुनगुना दिल चाहे जो गाना या , योग पे देदें थोड़ा ध्यान ;  
नृत्य हो करना, या रंग डाले , चित्र पड़े थे जो वीरान ।  
किसी पुराने दोस्त को तू, क्यों ना खत लिख डाले आज ;  
दिल खोल बंया कर कहदे तू, जितने किस्से हों या हो राज ।  
घंटों बैठ फिर, जीभर बतियाना ; कभी हसना चाहे ,मुस्काना ;  
आए रोना , आसूं ना रोक ; खुद खुश रहने का ढूँढ बहाना ।

औरों के लिए तो करती पर, आज खुद के लिए भी जीकर देख ;  
मदमस्त हवा के झोंकों सी , जीती जा अपने शौक अनेक ;  
मतलबी चल होजा थोड़ा, नकाब तू अब, दे ये फेंक ;  
नई होगी फिर ये ज़िन्दगी , थोड़ा सा रफू, करके तो देख ॥



### EGGLESS MILK POWDER CAKE



#### **Ingredients:**

- ✓ 1 cup all purpose flour
- ✓ 1/2 cup milk powder
- ✓ 1/2 cup powdered sugar
- ✓ 1/2 cup melted butter
- ✓ 1/2 cup milk
- ✓ 1/2 tsp baking powder
- ✓ 1/4 tsp baking soda
- ✓ 1/2 tsp vanilla essence

#### **Method:**

- ❖ Preheat the oven at 180 degree Celsius.
- ❖ Mix the all purpose flour, baking powder, baking soda, milk powder and sugar together in a bowl.
- ❖ Add the melted butter, milk and vanilla essence. Mix everything well.
- ❖ Pour the mixture into a greased baking tray.
- ❖ Bake for 20-25 minutes or until a toothpick inserted at the center of the cake comes out clean.
- ❖ Once cooled cut the cake into slices.
- ❖ Serve with whipped cream.

### CHEESY GARLIC-LEMON BREAD

#### **Ingredients:**

- ✓ 2 Tbsp softened unsalted butter
- ✓ 1 clove garlic minced
- ✓ 1 Tbsp olive oil
- ✓ 1 Tbsp lemon juice
- ✓ A pinch of oregano
- ✓ 6 bread slices
- ✓ Grated Mozzarella Cheese



#### **Method:**

- ❖ Into a bowl add the butter, garlic, olive oil, lemon juice, and oregano. Mix everything well.
- ❖ Preheat oven to 200-degree Celsius for 10 minutes
- ❖ Arrange the bread slices on a baking tray.
- ❖ Spread the prepared garlic butter on each slice.
- ❖ Sprinkle mozzarella cheese on each slice.
- ❖ Bake for 10 minutes or until the cheese melts.
- ❖ Serve hot sliced into triangles or strips.

## BANANA BREAD

### **Ingredients:**

- ✓ 2 ripe bananas
- ✓ 1 1/2 cup wheat flour
- ✓ 4 tablespoon milk
- ✓ 4 tablespoon olive oil
- ✓ 1/2 teaspoon baking powder
- ✓ 1/4 teaspoon baking soda
- ✓ 1 teaspoon vanilla extract
- ✓ 1/4 teaspoon cinnamon powder
- ✓ 1/2 teaspoon cardamom and nutmeg powder
- ✓ A pinch of salt



### **Method:**

- ❖ Pre heat the oven at 180 degree Celsius.
- ❖ Grease a loaf tin.
- ❖ In a bowl, mash bananas with a fork.
- ❖ Add all the above ingredients and mix well with a wooden spoon.
- ❖ Transfer the mixture to the loaf tin.
- ❖ Bake at 180 degree Celsius for 35-40 minutes.
- ❖ Cool completely before slicing.

## CREAM CARROT SANDWICH



### **Ingredients:**

- ✓ 4 slices of sandwich bread
- ✓ 1 carrot, grated fine
- ✓ 2 Tbsp mayonnaise
- ✓ 2 Tbsp fresh cream
- ✓ 1 Tbsp softened butter
- ✓ A pinch of sugar
- ✓ Salt to taste
- ✓ 1/4 tsp coarsely ground pepper

### **Method:**

- ❖ In a bowl mix the mayonnaise, butter, cream, sugar, salt and pepper well.
- ❖ Add the grated carrot to this and mix everything well. The spread is ready.
- ❖ Spread the prepared carrot spread on two bread slices and top with the other two bread slices.
- ❖ Trim the edges of the sandwiches, cut into triangles or rectangles and serve.
- ❖ You can even add a layer of fresh iceberg lettuce to the sandwich; it gives that crunchy and fresh feel with every bite.

## DE-STRESS & REJUVENATE - THE EZHIMALA WAY

It is well said – “Happy Wife, Happy Life” ... and thence “a Happy Home”. The happiness of a woman lies in her home and the people in and around her. While working on ‘Home & Hearth’, we learnt that the routine of the ladies is the intrinsic motivation that keeps them energetic throughout the day. Whether its stretching exercises, running, walking, yoga, horse riding or golf, they have built up their own identities here by raising each other up & building strong, happy & powerful relationships.



Mrs. Archana Tiwari (a freelance designer & certified yoga trainer) has found solace in yoga. She describes yoga as a methodology for developing a deeper experience of self & the world. She is often seen doing yoga on beach along with her daughters. Also, she regularly conducts yoga sessions inside the INA campus for the benefit of the residents.

Plugged in ear phones, jogging around, you will find Mrs. Nirali who winks & says “Running within.” Mrs. Pooja describes fitness as a way of her life. Mrs. Upama Sharma, who has lost 30 kg in past one year, says -“it’s not about the number of calories I burn or the type of body I want to have but the pleasure I get by keeping myself fit & fine.”



No matter how small it is, they come out of their houses & get something done that makes them feel happy. So, they connect to like- minded people while doing something they love.

We have also seen some of the finest badminton players on court who describe their badminton routine as an addiction & find that time their best part of the day. **Mrs. Preeti Verma**, who joined shooting classes as a hobby with her husband, ended up being a qualified National level shooter in her maiden attempt.



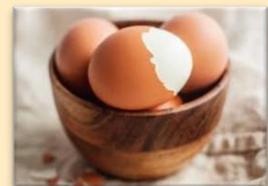
# Health Myths Debunked by Modern Science

**1. Cold weather gives you a cold** - This one is a very common health myth. You've probably been told at least once by well-meaning members of your family to keep warm or you'll get sick. But it turns out the opposite could well be true. Healthy men who spend several hours in temperatures just above freezing see a boost in virus-fighting activity in their immune systems.



**2. Cracking joints will give you arthritis** - This is a very common health myth. Cracking your joints will *not* lead to you developing arthritis in the future. Studies into this have shown that those who regularly engage in joint cracking have pretty much the same risk of developing arthritis as non-crackers.

**3. Eating egg is bad for your heart** - There is a common myth that because eggs contain cholesterol, eating them is inherently bad for your heart. The amount of cholesterol found in eggs is very low compared to many other foods. In fact, eggs contain essential nutrients, like Omega-3, that have been shown to reduce the risk of diet-related heart diseases.



**4. Sugar makes your kids hyper** - Many a parent will swear this one is true but apparently, this is more of a case of expectation rather than reality. Whilst consuming large amounts of sugar is not a good idea for your children, let alone anyone, it doesn't actually increase their likelihood of hyper activity. The reaction you do see is more probably an attempt to grab your attention.

**5. Coffee is bad for you** - There is a persistent myth that drinking coffee is very bad for you in the long run. Coffee is actually full of antioxidants and it has been shown to lower risks of depression, Type-II diabetes, Alzheimers and Parkinsons diseases.



# What does 'home' mean to you??



**Mrs. Sonia Vikram**

"East or West, My Home is the Best... Gharonda Pyaar Ka!"



**Mrs. Shashi Tripathi**

"Home is - where I can be myself"



**Mrs. Shagun Sobti**

"Any happy place that I can share with my family & friends."



**Mrs. Ritu Dhillon**

"A soul, an institute of love, an echo of my feelings, a moment in time...all connected to me"



**Mrs. Gursharan Kaur**

"Ye kahaan aa gaye hum, yunhi saath saath chalte"



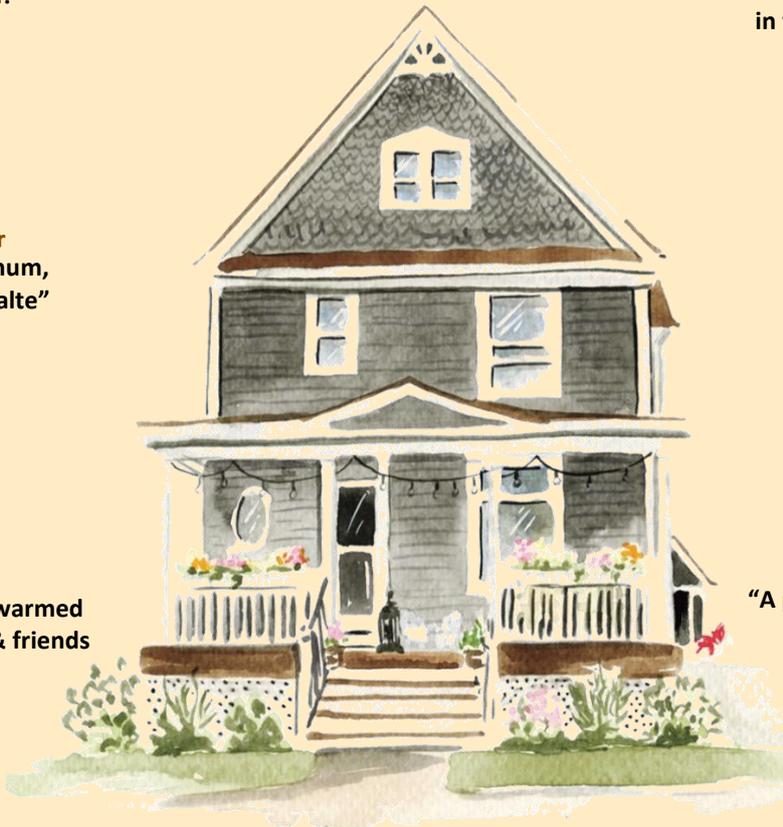
**Mrs. Srilakshmi Tummala**

"My Heaven of Comfort."



**Mrs. Mamta Srivastava**

"Ecstatic about location, warmed by the laughter of family & friends who visit us."



**Mrs. Princy Berson**

"A place where our hearts lie."



**Mrs. Sushila**

"Mera Filmistaan."



**Mrs. Neelam Sharma**

"A place of love, hopes, dreams & beautiful memories."



**Mrs. Pooja Raghuvanshi**

"My warm & cozy place with my loved ones."



**Mrs. Archana Tiwari**

"A place where my feelings & emotions are seen in every nook & corner."



**Mrs. Monika Verma**

"A temple of our dreams & an odyssey of our lives."



**Mrs. Renuka Yadav**

"Combination of comfort, happiness & love"



**Mrs. Neha Prasad**

"Tranquility"