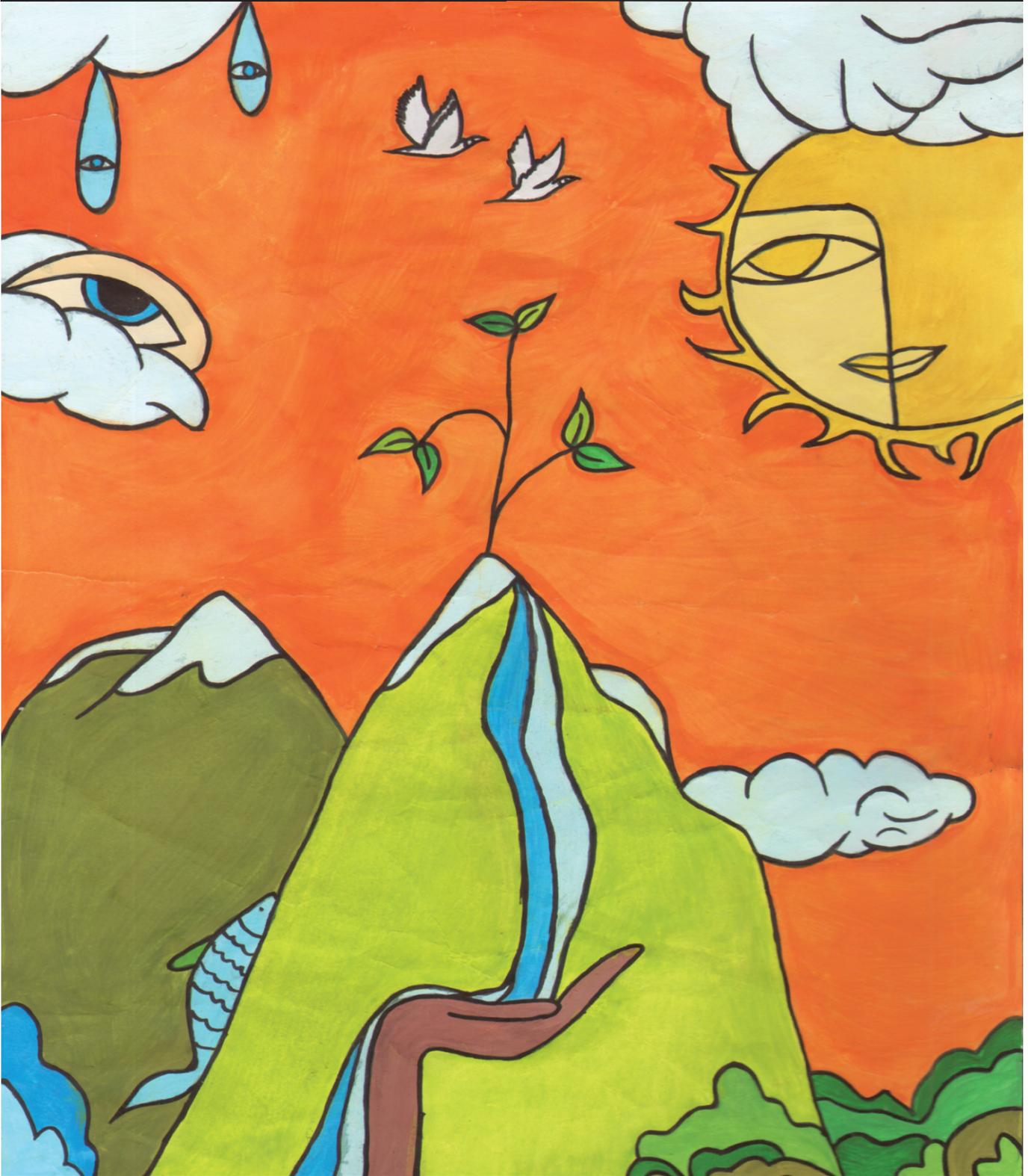




# VARUNI



STATION LONAVLA

December 2016



### President's Message

Dear Ladies,

***'There is no tool more effective than the empowerment of women'***

Following this adage, NWWA Station Lonavla, has etched out various welfare activities, wherein the ladies are provided a platform to enhance their talents and are guided to empower themselves.

In spite of the inclement weather, we witnessed a Shramdaan on October 2<sup>nd</sup> along with the flurry of indoor activities where the ladies and children of the Station participated wholeheartedly. The Monsoon Concert was a great platform wherein the ladies and children showcased their talent and mesmerised all. The Children's Drawing Competition, Rangoli Competition, Samudri Exhibition, Soundarya, Prakriti Collage Making Competition, Chetna and Arogya activities had an overwhelming response. The Special Milan for Mrs. Subhedar organised on the theme "Utsav" by the enthusiastic ladies was very well appreciated. The two schools Balwadi and Little Angels have been celebrating all festivals and special occasions with fervour.

With the onset of winter, NWWA organised the "Christmas Carnival" in which the games, souvenirs and food stalls enthralled the crowd and kids enjoyed the camel and pony rides. The ladies of Station Lonavla have actively participated in the various activities held during the Navy week. We look forward to many fun-filled outdoor activities in the coming months. Together we can contribute to the growth and progress of our community and society at large.

*Leena Arvindan*

(Leena Arvindan)  
President, NWWA  
Station Lonavla.

## EDITOR'S NOTE



***“Life isn't about waiting for the storm to pass, it's about learning to dance in the rain” – Vivian Greene.***

True to the above saying, the ladies of NWWA Station Lonavla have been actively involved in keeping the base buzzing with activities and cultural programmes. This year the Station witnessed a monsoon with record rainfall of more than 5500 mm, however that did not dampen the enthusiasm amongst the highly spirited ladies. With Mrs. Leena Arvindan taking over the mantle of President NWWA, Station Lonavla, we saw a spurt of events and a renewed focus on welfare activities in the last six months. The NWWA calendar commenced with the Annual General Meeting being held on 25<sup>th</sup> July 2016 followed by the selection of the new committee.

The panoramic beauty of Lonavla during monsoons is a treat to the eyes and soul for all who live here. This Verdant valley where the clouds enveloped the lush green hills, the gurgling springs crisscrossed with rivulets, dotted with the sprawling lawns presented a spectacle of the bounty of nature. As an accolade to the fascinating greenery we have themed this edition on *Nature* and strung together some tips for gardening and organic farming.

As we bid adieu to 2016, the Sanchar team has made an endeavour to recapitulate the various activities over the latter half of the year. We acknowledge the contributions of all those who have made this publication possible and hope our readers enjoy this newsletter. Wishing everyone beautiful moments, treasured memories, prosperity and happiness in the New Year 2017.

***Warm Regards  
CA. Ankita Majumdar***

*Varuni Team - CA. Ankita Majumdar  
Mrs. Ritambara Gaidwad  
Cover Page Courtesy - Mrs. Ranjita Singh*

## ACTIVITY REPORT JUL TO DEC 16

**NWWA Annual General Body Meeting** : NWWA AGM was conducted on 25<sup>th</sup> July 2016 at Deepika community hall with a large number of ladies in attendance. The annual activity report 2015-16 was delivered by the NWWA secretary and the financial report was presented by the NWWA treasurer. The president explained her vision for the coming year. The new NWWA committee members and the welfare volunteers were introduced. The ladies enjoyed playing tambola and the lucky dip.

### **VIP VISITS:**

Mrs. Rohini Subhedar, w/o Vice Admiral A.V. Subhedar visited Station Lonavla on 27<sup>th</sup> September 2016. The ladies of Shivaji put up an entertaining cultural programme in a MILAN organised in her honour. Mrs. Subhedar appreciated the presentation on the NWWA activities for the year.

Mrs. Jasjeet Kler, w/o Air Marshal Jasjit Singh Kler visited Station Lonavla on 19<sup>th</sup> October 2016. Mrs. Kler visited the NWWA Kendra and Samudri shop and was impressed with the facilities and activities conducted by NWWA, Station Lonavla.

### **AROGYA:**

As part of the Independence Day celebrations, NWWA Arogya activity was conducted on 16<sup>th</sup> August, 2016 at INHS Kasturi. Mrs. Leena Aravindan, President NWWA and the core committee members visited the wards and interacted with the patients and staff. They gifted an induction cooker for the welfare of the patients.

To commemorate the World Breastfeeding Week, NWWA Arogya in conjunction with INHS Kasturi organized a lecture cum practical demonstration on the topic “Breastfeeding a key to sustainable development” on 26<sup>th</sup> August at SHO museum. Mrs. Leena Aravindan was the chief guest. Maj Sufal, Paediatrician, AFMC Pune enlightened us on the benefits and importance of breastfeeding.

### **BALWADI:**

At Balwadi, the children came dressed in pyjama- kurta and ghagra to celebrate Eid on 5<sup>th</sup> July 2016. They recited a poem on the significance of Eid and wished each other Eid Mubarak. The teachers explained that prayers are offered in mosque to Allah. During lunchtime, the children were given Sevaiyan Kheer.

August saw a flurry of activities and celebrations. On Rakshabandhan the girls tied rakhi on the wrists of the boys in their class. On Independence Day children put up a cultural programme. Lkg and Ukg students recited “Look at the flag” and “Pandra August ka din hai”. They also presented a dance on “Nanha munna rahi hoon”. Some ukh children came dressed

as Rani of Jhansi, Jawaharlal Nehru, Mahatma Gandhi and Subhash Chandra Bose. They shared information about the great freedom fighters. The programme ended with sweet distribution by President Nwwa, Station Lonavla. As class activity, the students made the Indian flag with paper crumpling and lady finger printing activity. Janmashtami was celebrated at Balwadi with much enthusiasm and festive fervour. The children presented a skit depicting the birth and childhood of Lord Krishna. They performed dances and recited poems in praise of the Lord. All the children looked beautiful dressed as Radha and Kanha in colourful ghagra and kurta. Dahihandi was celebrated with Mrs. Leena Aravindan who also distributed chocolates to the little ones.

Teachers day was celebrated at Balwadi on 6<sup>th</sup> September. The teachers explain relevance of teachers with references to Dr.Sarvapalli Radhakrishnan's birthday. The children came dressed as teachers. They took English, Maths and Recitation classes acting as teachers. The children were taken to Deepika hall during the Ganesh Chaturthi celebration where they performed aarti and were given Prasad.

In October the children celebrated Dussehra in school by performing dance and the teachers narrated the entire story of Ramayana to the children while some students portrayed the characters. The children were given sweets by President NWWA, station Lonavla. Diwali was celebrated in school by lighting lamps and making flower rangoli. As class activity the children made colourful paper lanterns.

In November, Children's Day was celebrated by reciting rhymes. From each class, one child was dressed up as Pt. Jawaharlal Nehru. These children spoke about the great leader and explained why Children's Day is celebrated. The school gifted each student with crayon sets. As part of annual visits the children were taken to the fire station and fire extinguishers along with fire engine was demonstrated to them. Yellow day was celebrated by Lkg where children were taught the recognition of yellow colour and as class activity they made sunflower cut outs.

The children of Balwadi visited the local post office and posted hand made New Year cards to their respective families on 21<sup>st</sup> December. The children were invited to Shivaji House for Christmas celebration where they played games and were extremely happy to meet Santa Claus. President NWWA, Station Lonavla gifted them colouring and sticker books on the occasion.

The school has introduced 6 monthly assessments of the children's academic performance and an activity report has also been introduced which will be furnished at the end of the year to the children.

#### **CHETNA:**

NWWA Chetna organised a Pranayam session to learn the 'Art of De-stress' on 23<sup>rd</sup> November 2016 at Station Lonavla. The session was conducted by Acharya Sandhya Dixit along with her student from Keywalyadham Yoga Institute. It was an enlightening session for all the ladies who learnt various yoga exercises to destress the body and mind.

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Market visit was organized for the kids of Little Angels. A shopping paper bag was given to the kids and they shopped bananas, curry leaves and lollipops.

The much-awaited Christmas party was celebrated with lots of enthusiasm and cheer. Kids were dressed in red and the Shivaji House hosted the kids of Little Angels. The Shivaji House was decorated with stars, bells and snowflakes. Santa Claus came and distributed chocolates and gifts to the children. The kids danced to the tune of the Christmas carols.

**PRAGATI and SAKHI:**

NWWA president Mrs. Leena Aravindan along with core committee members visited the ladies of NSB and SMQ on 21<sup>st</sup> July 2016 and helped to resolve their problems. She interacted with the ladies and found new members for the NWWA welfare committee.

**PRAKRITI:**

Nature shares all its bounties with us. This was quite evident in the Collage Making competition organised by NWWA Prakriti on 8<sup>th</sup> October 2016. Ladies of INS Shivaji participated enthusiastically in the competition where they had to use only nature related elements to make collage. NWWA President, Mrs. Leena Aravindan judged this beautiful display of creativity. She also awarded prizes to the winners.

**SANCHAR:**

First edition of Varuni newsletter 2016 covering period from January to June 2016 was published for July in accordance with the NWWA Southern Region guidelines.

**SOUNDARYA:**

Soundarya has been giving excellent quality parlour services. The committee organised a workshop on Basic makeup and Hair styles on 20<sup>th</sup> September 2016. In this workshop NWWA beauticians gave practical demonstrations on day and night makeup followed by easy to do hair styles. Mrs. Leena Aravindan graced the event with her presence. Around 70 ladies attended the event and benefited from it.

**SAMUDRI:**

Women's Wear Exhibition cum sale by Capricorn Designs was organized at NWWA Samudri on 2<sup>nd</sup> and 3<sup>rd</sup> August 2016 for Indo Fusion Women's wear at attractive prices along with Pre-Independence Day clearance sale of Samudri stock. Many attractive items were included like chikan kurtis from 'DesiiSwagg', different dohar & bedsheet sets from Mhow, gift hampers from Khadi. Different collection of scented candles & tealight holders were included for Diwali.

### **SPARSH:**

NWWA Sparsh committee organised a visit for the girls from Malvali Sampark orphanage aged between 6 to 16 years to INS Shivaji. A total of 111 girls have visited the establishment along with their supporting staff. The movie 'Bajrangi Bhaijaan' was shown to them in the station auditorium Menaka. They enjoyed the movie thoroughly. Thereafter they had lunch in Deepika community hall. They were taken for a short tour of INS Shivaji. The excursion was a good and unique experience for them.

### **UDHYOGIKA:**

Udhyogika organized a workshop on AnyBody Can Bake (ABCB). The activity was held on 21<sup>st</sup> October 2016 in NWWA Kendra by the coordinators. The class was conducted by professional chefs. Ladies participated with lot of enthusiasm and were happy with useful tips given by the chefs.

### **FUN 'n' FROLIC with NWWA**

### **CARNIVAL:**

NWWA Carnival 2016 was organized by Samudri on 16<sup>th</sup> December 2016 based on the theme 'Christmas' which comprised of lots of Entertainment, Fun, Games, Delicious Food and Shopping. Carnival was inaugurated by the Commanding Officer, INS Shivaji, Cmde K.P. Arvindan and NWWA President, Mrs. Leena Arvindan. Everyone enjoyed games organized by the ladies of Station Lonavla & under trainee sailors. Ladies of Shivaji enthusiastically organized different varieties of food stalls with homemade food. People enjoyed with Naval Band, Karaoke & entertainment Cartoon Show from Adlabs Imagica. The chocolate fountain also was a great crowd puller. Families and kids enjoyed clicking photos at the photo corner with Santa Claus. Different shopping stalls were organized by ladies of Station Lonavla comprising of Christmas Items, handicraft Items, sarees, kurtis, bedsheets, etc. Along with it, a stall of handmade items from Blind school was also an attraction for all shopaholics. Kids had lots of fun on Jumpy, tattoo, cotton candy, horse & camel rides.

### **CONCERTS:**

As part of the cultural activities of the base, a monsoon concert themed “Symphony” was conducted in September 2016 wherein the ladies of Station performed a welcome dance and song. The children also performed a medley of hindi bollywood songs along with the Naval Band.

During the visit of Vice Admiral A.V. Subhedar, the station organised a cultural evening “Malhaar” in which ladies and kids performed Bharatnatyam and the Lavani dance. Ladies sang a medley of old evergreen hindi songs. The performances and participation of all was highly appreciated.

### COFFEE EVENINGS :

In August, the Ladies of COE, NBCD school and GE department hosted a coffee evening themed “*A Walk in the Clouds*”. The ladies enjoyed the puppet dance performance, demonstration of cocktail recipe, Quiz and Tambola. All ladies came dressed in the different vibrant colours of the Peacock and the fashion show culminated with the crowning of the Monsoon Queen.

In November, Ladies of CMET department hosted the coffee evening themed “*Awards Night*”. Ladies were happy to walk down the red carpet and enjoyed the quiz and games. An enthralling dance performance and song also added glamour to the evening.

### MILANS:

A welcome Milan was organised for NWWA president Mrs. Leena Arvindan on 8<sup>th</sup> July 2016 on the theme “*Pink and Pearls*”. The ladies got a chance to interact with the new president and understand her vision of NWWA and her expectations in the coming year.

A Special Milan was organised at Deepika for Mrs. Rohini Subhedar on 27<sup>th</sup> September, 2016 on “*Utsav*” theme. Ladies put up an entertaining show comprising of dances from different states of India and games. Mrs. Subhedar expressed her sense of gratification with the programme put up by the ladies of Station Lonavala which was both educative and entertaining and was impressed with the efforts of the ladies of Shivaji.

**STATION ACTIVITIES:** Ladies of Station Lonavala participated in the following station activities.

- Ø Swacch Bharat Abhiyan held in October.
- Ø During Navy week celebrations, ladies of Station Lonavla had lunch with the war veterans and the children from Balgram orphanage and interacted with them.
- Ø Lonavla run was conducted in December where the ladies and children participated and won prizes.

### MONTHLY COMMITTEE MEETINGS:

Birthday celebrations are held every month at the Kendra.

NWWA gave farewell to some wonderful ladies of Station Lonavala who contributed whole heartedly to NWWA.

Surg Capt Divya Gautam  
Mrs. Harsha Sathwane  
Mrs. Amandeep Kaur  
Mrs. Poonam Sharma

Co-ordinator Arogya  
Co-ordinator Sparsh  
Co-coordinator Chetna  
Co-coordinator Samudri

NWWA welcomed Mrs. Sangeeta Chatterjee who took over as Coordinator Arogya, Mrs. Mridula Menon who joined as Secretary, Mrs. Ritambara Gaikwad as Co-editor Sanchar, Mrs. Ranjitha Singh as Co-coordinator Prakriti, Mrs. Nidhi Seth as Co-coordinator Samudri and Mrs. Vrushali Surse as Co-coordinator Soundarya.

Mrs. Mridula Menon  
Secretary

### **DETAILS OF CLASSES AT NWWA KENDRA**

<b><u>S.N</u></b>	<b><u>Class</u></b>	<b><u>Fees</u></b>	<b><u>Days/Time</u></b>	<b><u>Teacher</u></b>	<b><u>Contact No.</u></b>
01	Tailoring	250/-	Mon - Wed 1000-1200 Hrs	Mrs Vaishali Mane	9921447152
02	Tailoring	250/-	Wed-Fri 1000-1200 Hrs	Mrs Sanjita Tiwari	8605660723
03	Computer Classes	Course	Mon-Sat 1000-1900 Hrs	Mr Jai Rawal Archil Infobiz	9552445474
04	Tuition Class 3 <sup>rd</sup> to 8 <sup>th</sup>	300/-	Mon-Sat 1600-1830 Hrs	Mrs Vidushi Sharma	7218619866
05	Classical Dance	300/-	Sat 1030-1230 Hrs	Mrs Sampa Parial	9421937144
06	Bollywood Dance Class	500/-	Mon,Tue,Thur 1600-1845 Hrs	Mr Praveen Panache Academy	9049666348
07	Casio, Vocal and Tabla (SMQ)	500/- for each Course	Mon & Wed 1600-1800 Hrs	Kaushal Shrivastava POMUS	9818253304
08	Casio, Vocal and Tabla (NSB)	500/- for each Course	Mon & Wed 1600-1800 Hrs	Sandip Jayale POMUS	9850941334

## EASY GARDEN IDEAS

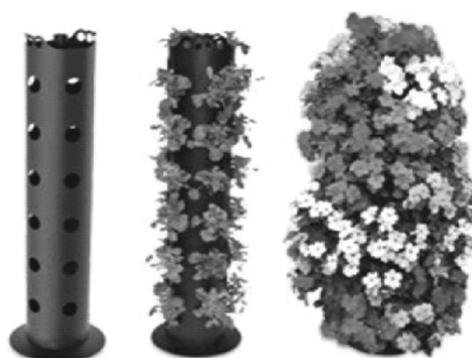
Gardening is a wonderful and rejuvenating hobby which helps an individual to spend quality time amidst nature. There are many simple techniques and ideas that can be used to create a beautiful garden even if there is space limitation.

### PIPE METHOD

One of such ideas is to create a vertical garden using basic and easily available items such as PVC pipes. Let's take a look at one such technique which can be used to cultivate strawberries or any other flowering or fruiting plant in a confined place.

### Material requirement

1. Planter :4-inch-by-5-foot PVC pipe
2. 4-inch end cap
3. Irrigation: ½ inch -5-foot PVC pipe
4. Landscape fabric (green –net)
5. ½-inch end cap
6. Twine and duct tape
7. Medium sized gravel
8. Soil and desired plantlets



### Method

1. Using duct tape secure end cap to planter pipe. This will be the bottom of the planter. Drill three evenly spaced 1/16-inch holes just above the cap to allow the excess water to drain.
2. Using the 2 inch hole cutting bit, drill 10 to 12 holes in a staggered pattern along the length and circumference of the planter pipe.
3. Attach ½ inch PVC cap onto one end of the irrigation pipe. Secure with duct tape. Using the 1/16-inch bit drill alternating holes along the length of irrigation pipe. Do not drill holes within 6-inch of the PVC cap.
4. Wrap irrigation pipe with a single layer of irrigation fabric.
5. Pour three inches of gravel in the planter pipe. Center the irrigation pipe in the planter pipe, and add 3 more inches of gravel.
6. Fill the planter pipe with just enough soil to reach the lowest planting holes. Place the



*PC:- Mrs. Ritambara Gaikwad  
– residential garden at INS Shivaji.*

plantlets gently in the holes, letting stems and leaves protrude. Then add additional soil and plant one level at a time until all holes are filled. Use twine to secure the completed planter. Fill the irrigation pipe with ample water to keep the plants healthy and happy.

### **TYRE METHOD**

Second simple garden idea is to use an old tyre to plant a sapling. A simple idea that can transform the look of your garden completely. Take any old and discarded tyre of any size and cut it into half. You can paint it with any colour of your choice or decorate it with any available items like sparkles or stone embellishments, etc. Fill it up with Soil. Then all you have to do is plant a sapling in it and your creative planter is ready !!!



*PC:- Mrs. Priyanka Palsodkar  
– residential garden at INS shivaji*

### **RECYCLED BOTTLE METHOD**

Another one of the easy ideas to make your garden place more attractive is to use recycle plastic bottles. Take a plastic bottle and cut it vertically along the central axis and then place the two parts horizontally so that you have two halves of the bottle that can now be used as planters. Fill some portion of bottle with soil, a little gravel, sand and organic fertilizers and sprinkle a little water. Plant a sapling in it. You can colour the bottle or make it attractive by using embellishments. You can be more creative and arrange the bottles in various arrays. For example a thread can be used to hang the bottles vertically or they can be fixed on the outer edge of window or balcony.



*Picture Courtesy - W/R Mess*

These are some ideas that can be used to create a colourful and beautiful garden by using simple techniques and easily available objects. So be creative and try to innovate similar methods so that we can make our respective garden spaces more picturesque.

Dear ladies I wish happy gardening to you!!!

*- Mrs. Ritambara Gaikwad  
Co-editor Varuni*

# NWVA ACTIVITIES JUL - DEC 2016



**AGM - President's Address**



**New Committee & Welfare Members**



**VIP Visit - Mrs Subhedar at Kendra**



**VIP Visit - Mrs Kler at Kendra**



**Arogya - Lecture on Breast Feeding**



**Chetna - Yoga Camp for Ladies**



**Kala Kendra - Drawing Competition**



**Pragati - Interaction with SMQ Ladies**

# NWWA ACTIVITIES JUL - DEC 2016



Prakriti - Collage making competition



Soundarya - Demo on Make-up



Sparsh - Malvali "Sampark" Orphanage girls visit



Udhyogika - "Anybody Can Bake" workshop

## Coffee Evenings



# BALWADI



**Independence Day Celebration**



**Janmashtami Celebration**



**Ganapati Celebration**



**Dussehra Celebration**



**Diwali Celebration**



**Fire Station Visit**



**Yellow Day Celebration**



**Christmas Celebration**

# LITTLE ANGELS



**Independence Day Celebration**



**Janmashtami Celebration**



**Ganapati Celebration**



**Diwali Celebration**



**Children's Day Celebration**



**Market Visit**



**Navy Day Celebration**



**Christmas Celebration**

# STATION ACTIVITIES

## Monsoon Concert



Ladies at Lonavla Run



Swachh Bharat Abhiyan

# NWVA CARNIVAL



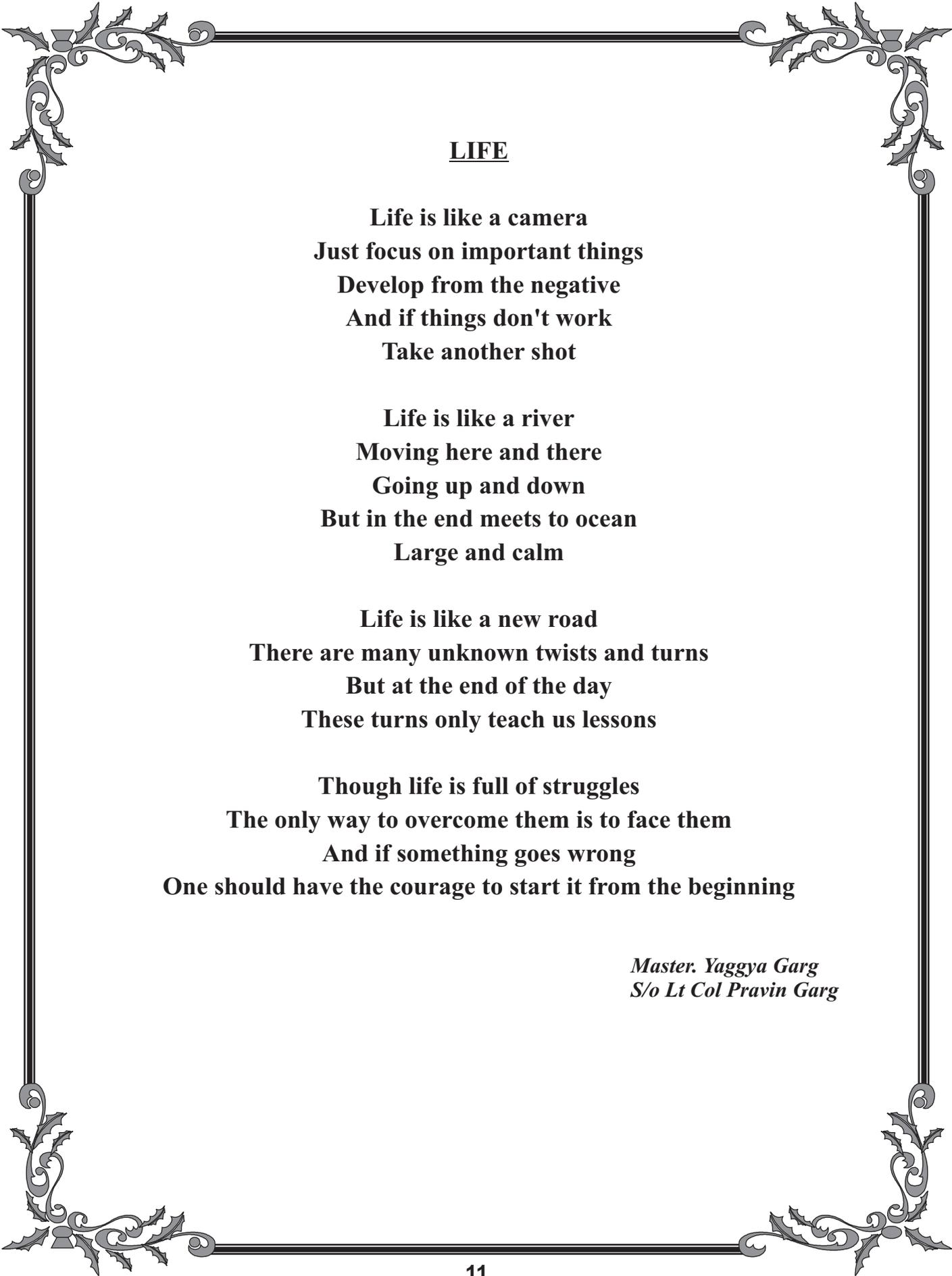
## WELCOME MILAN - MRS. LEENA ARVINDAN



## FAREWELL MILAN - MRS. ROHINI SUBHEDAR







**LIFE**

**Life is like a camera  
Just focus on important things  
Develop from the negative  
And if things don't work  
Take another shot**

**Life is like a river  
Moving here and there  
Going up and down  
But in the end meets to ocean  
Large and calm**

**Life is like a new road  
There are many unknown twists and turns  
But at the end of the day  
These turns only teach us lessons**

**Though life is full of struggles  
The only way to overcome them is to face them  
And if something goes wrong  
One should have the courage to start it from the beginning**

*Master. Yaggya Garg  
S/o Lt Col Pravin Garg*

## GROWING YOUR OWN ORGANIC VEGETABLE GARDEN

The fruits and vegetables we buy from the super markets are the ones treated with chemicals, additives and preservatives sprinkled on them to preserve the fresh look. Irrespective of the number of authentication labels on the product, customers can never be sure of the nutritious value . With growing consciousness about health these days many people have resorted to vegetable gardening thus deterring lot of chemicals from making their way to our plates.

### TIPS TO PLANT A VEGETABLE GARDEN

1. Plant in a sunny location. Vegetables need atleast 6 hours of direct sunlight per day. The more sunlight they receive, the greater the harvest and the better the taste.
2. Plant in good soil. Plants' roots penetrate soft soil easily, so you need nice loamy soil. Enriching your soil with compost provides needed nutrients. Proper drainage will ensure that water neither collects on top nor drains away too quickly.
3. Space your crops properly. Plants set too close together compete for sunlight, water, and nutrition and fail to mature.
4. “As you sow, so you reap” Buy high-quality seeds. Seed packets are less expensive than individual plants. If seeds don't germinate, your money and time are wasted.

### VEGETABLE GARDEN PLOT SIZE

To begin with do not go for a very big plot . A good-size beginner vegetable garden is about 16x10 feet. The vegetables are preferably planted in rows, each row being 10 feet long. The rows should run north and south to take full advantage of the sun.

### SUGGESTED PLANTS FOR VEGETABLE GARDEN

The vegetables suggested below are common, productive plants that are easy to start from seed.

#### **1. Beans**

Bean plants thrive in warm, moist soil. Bush beans need no support. Pole beans do need to climb something such as poles, strings, trellises, or tepees.



## 2. Beet

Beet roots will develop quickly and uniformly in loose soil, so before planting, work the soil to remove clumps and stones. If you prefer to harvest small beets, double the number of seeds per row, crowding results in small roots.



## 3. Carrots

Many beginners find their carrots are short and deformed. It's important to provide well-drained, soft soil. Mix in some sand and really loosen it up. Also, it is essential to give proper spacing so they're not overcrowded.



## 4. Cucumbers

Prepare in advance for cucumbers; amend the soil with a fertilizer high in nitrogen and potassium to support the plant's large yields. If possible, plant cucumbers in the sun next to a fence. The fence will serve as support for climbing and act as a shelter.



## 5. Green leafy vegetables - Coriander, Spinach and Methi.

Coriander and mint have tender seedlings, their roots are very delicate and so they need fine loose soil. Usually they are planted right after monsoon season because it affords plenty of moisture and cool climate. You need to ensure a nutrient rich soil for salads to grow and enough spacing between them.



## 6. Tomatoes

Choose a sunny spot. Tomato plants thrive on eight to 10 hours of sunshine. Tomato plants need a lot of nutrients, so fill it with rich garden soil. As the plant grows, you can replenish the soil with kitchen waste. Adding earthworms and egg shells to the soil will work wonders. Place the seeds in the cup and cover them with a loose layer of dry soil. Sprinkle water on it for a few



a loose layer of dry soil. Sprinkle water on it for a few days and you will see the seedlings sprouting. Once they are over an inch tall, cut the paper cup away and replant the seedlings in the soil you have prepared. It's important to keep the roots of the plants covered with soil at all times. They shouldn't be exposed. Also, the soil should be moist — not excessively — at all times. Once the plants start growing, stake them with wooden sticks. Otherwise, they will bend under the weight of their fruits. Water the plants everyday.

### 7. Peas

Plant peas as soon as the soil can be worked—2 weeks before the average last spring frost for your region, if possible. To harvest a continuous supply of peas during the summer, simultaneously sow varieties with different maturity dates. Then sow more seeds about 2 weeks later. Continue this pattern, sowing no later than mid-June.



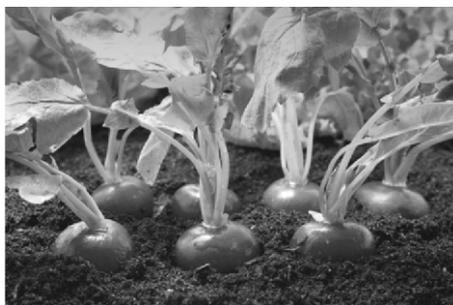
### 8. Pumpkins

Growing a pumpkin is easy and fun. Just give them warm soil that's rich in compost because they're greedy eaters. Water often as they drink a lot, too. Plant seeds on a mound and give them plenty of room (3-foot diameter) for their vines to sprawl.



### 9. Radishes

Radish seeds are natural companions to carrots. Mix radish seeds with carrot seeds before you sow, especially if your soil tends to develop a tough crust. Radish sprouts will push up through the soil, breaking it up for the later-sprouting carrots. As you harvest the radishes, the carrots will fill in the row.



### 10. Chillies

Chillies grow very well in containers. Chillies need warmth to germinate and good light to grow into healthy seedlings. Water the growing medium well before sowing – then try to water as little as possible until germination.



### SUGGESTED VEGETABLE GARDEN CALENDAR

Month	North India	South India
January	Brinjal	Lettuce, Spinach, Gourds, Melons, Radish, Carrot, Onion, Tomato, Brinjal, Bean
February	Applegourd, Bittergourd, Bottle gourd, Cucumber, French Beans, Okra, Sponge, Gourd, Watermelon, Spinach	Same as January
March	Same as February	Coriander, Gourds, Beans, Melons, Spinach
April	Capsicum	Onion, Coriander, Gourds, Okra, Tomato, Chilly
May	Onion, Pepper, Brinjal	Onion, Chilly
June	All gourds, Brinjal, Cucumber, Onion, Tomato, Bellpepper	Gourds, Almost all vegetables
July	All gourds, Cucumber, Okra, Sem, Tomato	Same as June
August	Carrot, Cauliflower, Radish, Tomato	Carrot, Cauliflower, Beans, Beet
September	Cabbage, Carrot, Cauliflower, Peas, Radish, Tomato, Lettuce	Cauliflower, Cucumber, Onion, Peas, Spinach
October	Beet, Brinjal, Cabbage, Cauliflower, Lettuce, Peas, Radish, Spinach, Turnip	Brinjal, Cabbage, Capsicum, Cucumber, Beans, Peas, Spinach, Turnip, Watermelon
November	Turnip, Tomato, Radish, Pepper, Peas, Beet	Beet, Eggplant, Cabbage, Carrot, Beans, Lettuce, Melon, Turnip
December	Tomato	Lettuce, Pumpkin, Watermelon, Muskmelon, Ash gourd, all type of gourd, Cucumber, Chilly, Cabbage

*- CA Ankita Majumdar*

## **BLACK GOLD**

We all dream of a clean and beautiful environment to live and raise our children in. Unfortunately that is not the case in most of the cities in India. Overflowing garbage bins and foul smell is not an uncommon sight in most of our cities. The urban Indian citizen generates nearly 700gms of solid waste per person per day which is nearly 250 kg in a year. More than half of what we throw in the trash is organic matter, which if composted, can produce rich top soil for our plants.

Unfortunately most of us do not segregate our dry waste from wet waste, which makes composting impossible. The precious wet waste, what can potentially become black gold, remains unusable junk inside our landfills.

Also by mixing our food waste with our recyclable waste [paper, plastic, metal ] we make even our recyclable waste less recoverable.

The key to a clean, garbage free city lies in citizens doing their civic duty of source segregation and composting.

### **WHAT IS COMPOSTING**

Composting is simply the process of breaking down the organic matter [food waste] in the presence of air and water, using micro organisms and small insects present in nature. The end product is called compost which is rich in readily usable plant nutrients forming a part of healthy soil.

### **COMPOSTING ORGANISMS REQUIRE 4 CONDITIONS TO CREATE COMPOST**

1. Carbon that comes from brown organic matter like dried leaves, sawdust, paper.
2. Nitrogen that comes from fruit and vegetable waste, coffee grounds, used tea leaves.
3. Oxygen which comes from air.
4. Water in the right amount.

Landfills are not the ideal environment to create compost, since food waste is made toxic by the plastic and metal waste. Further the waste gets piled up everyday like a mountain and the layers below are cut off from oxygen resulting in foul smell.

### **EASY STEPS TO COMPOST YOUR KITCHEN WASTE**

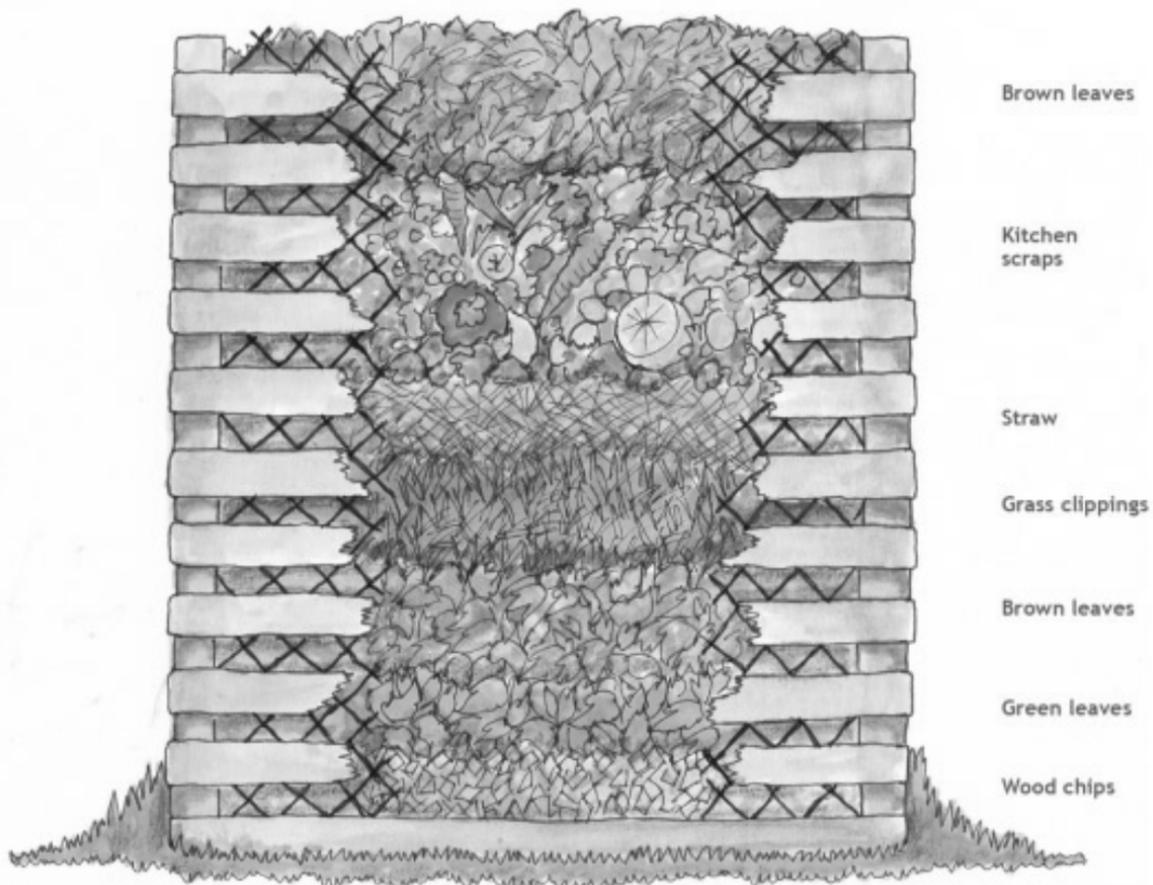
1. Separate your edible kitchen waste [vegetable peels, fruit peels, used tea leaves , small amounts of wasted cooked food ] in a container.
2. Collect dry organic matter [dried leaves, pooja flowers , saw dust ] in a small container .
3. Take a large earthen pot or a bucket and drill 4-5 holes around the container at different levels to let air inside.
4. Line the bottom with a layer of soil.
5. Now start adding food waste in layers alternating wet waste [food scraps , vegetable and

fruit peels, used tea leaves] with dry waste [straw , sawdust , dried leaves , pooja flowers ] .

6. Cover this container with a plastic sheet or wooden plank to help retain moisture and heat.

Every few days use a rake to give the pile a quick turn to provide aeration. If you think the pile is too dry, sprinkle some water so that it is moist. Within 2-3 months , your pile should start forming compost that is dry , dark brown and smelling of earth.

With time and a little patience, composting will become second nature to you. By segregating, recycling and composting, a family of four can reduce their waste from 1000kg to less than 100kg every year. So let's do our little bit, let's make India beautiful and garbage free!!



*Mrs. Kirti Shidore*  
(researched from *THE HINDU*)

## LIVING IN A BLACK HOLE – DEPRESSION

Feeling down from time to time is a normal part of life, but when emotions such as hopelessness and despair take hold and just won't go away, you may have Depression. Depression makes it tough to function and enjoy life. Depression varies from person to person but there are common signs and symptoms and if these signs last longer and stronger- the more likely it is that you are dealing with depression. Some of the symptoms are:-

1. Feeling of hopelessness and helplessness.
2. Loss of interest in daily activities.
3. Appetite or weight loss.
4. Sleep changes.
5. Anger and irritability.
6. Loss of energy.
7. Reckless behaviour
8. Concentration problem
9. Unexplained aches and pains.

But no matter how hopeless you feel, you can get better, learning about Depression and the many things you can do to help yourself, is the first step to overcome the problem. The best way to come out of the Black hole is to....

1. Talk out about it, don't be shy just reach out for people, we all are dealing with depression somewhere, but please talk about it and discuss with your family or friends or anyone you trust.
2. Keep Moving....just don't let these feelings stop you from doing your daily activities, keep yourself busy in any activity you like and try to be away from all the negative feelings.
3. Eat a mood boosting diet....just try to pamper your self and eat what makes you happy or feel better.
4. Do yoga or any other exercise....it will make you feel happy about yourself and you will be away from all the helpless thoughts in your mind
5. Last but not the least...consult doctor if you feel the above things have not helped you much...it's ok we all need a doctor at some point in life.....

Let's all strive together to help ourselves and our friends and family, to overcome depression and make this life worth living. Let's all Live, Love and Laugh.

*Mrs. Jaipreet Kang*

## “ सावन ”

सावन का महिना आया है  
हरियाली संग में लाया है |

हमारे प्यारे क्षेत्र लोनावला में  
सुहाना मौसम छाया है |

हमारा लोनावला चमका है  
धुलकर इस बारिश के नहान में |

शिवाजी हरी छॉव बिखराए  
चुनकर धरती की मुस्कान में |

हरेभरे लोनावला को देखकर  
दिल आज मेरा हर्षित है |

बादल भी आज हुआ पागल है  
जो प्रेमसुधा बरसाता है |

इस हरियाली को देख आज  
दिल उमंग खाकर उठता है |

नैन आज हटाकर दुनिया से  
लोनावला की ओर ही जुडता है |

रचनाकार  
सुखबीर कौर  
धर्मपत्नी हरपिंदर सिंह, एल एम ई

## हरा भरा शिवाजी

भारतीय नौसेना में हमें एक तटीय क्षेत्र से दूसरे तटीय क्षेत्र में घूमना पड़ता है, परंतु जब हम आइ . एन . एस . शिवाजी लोनावला में आए तो यहाँ के शांत व सुंदर वातावरण ने मन मोह लिया | परंतु इस जगह की सुंदरता का अहसास तब हुआ जब जून में रिमझिम बरसात शुरू हुई | चारों तरफ सूखे पहाड़ों पर सफेद रूई से बादल ढके रहते हैं | मानसून के बादलों से जैसे ही वर्षा होती है, तो चारों ओर इतनी हरियाली छा जाती है कि प्रत्येक पेड़ पौधा नवपल्लव से पुलकित हो उठता है |

वर्षा के दिनों में हरियाली के साथ साथ पहाड़ों व वनों में सुंदर पक्षियों का आगमन होता है तथा उनकी सुंदर कूक मनमोह लेती है | शिवाजी में चारों ओर इतनी हरियाली छा जाती है मानो हम किसी वन के बीच आ गए हो | शिवाजी के चारों ओर सुंदर पहाड़ व हरेभरे पौधें एक अनुपम दृश्य प्रस्तुत करते हैं |

शिवाजी का यह हरा भरा क्षेत्र हमें शुद्ध वायु के साथ साथ यह संदेश भी देता है कि हरे पेड़ पौधें हमारे जीवन व इस वातावरण के लिए अत्यंत आवश्यक हैं | शिवाजी के इस हरित वातावरण को अनुभव करना वास्तव में मनमोहक है, साथ ही हम सब का प्रयास रहेगा कि शिवाजी की हरियाली व वातावरण सौंदर्य बना रहे |

रचनाकार

हरपिंदर सिंह, एल एम ई  
कमोडोर सचिवालय

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MRS. SANGITA DESHMUKH  
MRS. SHILPI GUPTA



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**Standing from Left :** Mrs. Nidhi Seth, Mrs. Nidhi Malviya, Mrs. Meenu Bhadauriya, Mrs. Anupama Nehra, Mrs. Anshu Parmar, Dr. Parmeeta Desai, Mrs. Rumi Arun Kumar, Mrs. Jaipreet Kang, Mrs. Vrunda Deshmukh.