NAVY WIVES WELFARE ASSOCIATION

REACHING OUT

VARUNI

SEPTEMBER 2019

SUPER 20

KARGIL SPECIAL - Celebration Of Success

NWWA MUMBAI

NWWA Committee

Welfare Committee

FROM THE PRESIDENT

Dear ladies,

Ian McShane very elegantly quoted *"When you are in your early 20s, you go ahead and do everything. And it's very hard to judge yourself."*

'Twenty' is a significant phase in context to many things in an individual's life such as 20 years of wed lock, 20 years of work experience, 20 best moments of life and much more. This year we are celebrating 20 years of Kargil victory and I feel honored to convey that this edition of Varuni is dedicated to the defenders who fought bravely in a victorious campaign which lasted for nearly three months.

Life is a journey with problems to solve, lessons to learn, but most of all, experiences to enjoy. As a part of this prestigious association, it's an obligation on each one of us to contribute our ideas and experiences for the benefit and betterment of our community.

I congratulate 'Team Sanchar' for their efforts in compiling a brilliant edition and also the contributors for their overwhelming response.

My best wishes to the festive season ahead.

Lovingly
Sunita Kumar

From The Editors' Desk…

Dear Readers

The most important thing in life is to be happy. Twenty years is the age when we feel like taking on many responsibilities, including finding a mate, establishing new contacts, friends, and getting a good job. This principle of enterprise thus prepares us to face challenges and helps us to go out into the world and make our own mark. At this age, the young mind unleashes a powerful set of changes in our body that reflects intense passion.

In this edition, we gave special importance towards rekindling our memories of the famous "Kargil Battle". Two decades have passed since 26 July 1999, when Indian soldiers evicted the last of the intruders from this side of the LoC- now observed as Vijay Diwas. This was the time, we all joined hands to extend a full support for our country. This cooperation was the biggest morale booster for our soldiers to march ahead with pride.

Team Sanchar wanted to bring out those nostalgic feelings in this edition. We have made a unique attempt to project 'twenty' in numerous ways for our readers. "Super 20" is a tribute to our brave hearts who fought valiantly for the victory.

We thank Mrs. Bindu Kumari for her creative work for the cover page and also all the contributors who wholeheartedly encouraged us in making this magazine.
You can reach us at **sanchar.wnc@gmail.com**

Warm Regards
Vindya Ayyar

Let the josh of youngish 20 continue in us!

TEAM SANCHAR

Mrs. Rashmi Joshi

Mrs. Usha Soni

Mrs. Vindya Ayyar

Mrs. Simran Singh

Farewell Milan to Mrs. Reena Lanba

Inauguration of NWWA Kendra & Sensory Park

Display of Tarsh Products at IMC Exhibition

THE SUMMER OF 1999

Nestled amidst the Sahyadri Hills, is Deolali, a beautiful army cantonment and a favourite with most fauji kids. Having spent a major chunk of growing up years there, the memories are still vivid and warm. Dad's frequent postings to Deolali ensured that my siblings and I fell in love with the place. Apart from availing all the fun filled facilities at the base, an important ritual was going to THI, Temple Hill Institute, on Saturdays. The institute was a centre for recreational activities, tambola, dance, music and yummy snacks. As kids, we devoured it all!!

Fast forward to 1999 and THI held a different charm for my bunch of friends and me, all thanks to the young officers doing the YOs' course at Deolali. Initially we were enamoured by the chivalry and looks (typical stereotype teenagers) but real admiration and respect for our forces began at the time of the Kargil War.

It happened on a Saturday evening. The warm month of May couldn't dampen our spirits as we headed for the institute for the customary game of tambola. THI greeted us with an eerie silence, which was quite baffling and it was then, we were told about the war and this rosy picture of the Indian armed forces was changed forever. What came to light was the sacrifice that these soldiers make for their countrymen. It is sheer love for the motherland that drives these brave hearts to protect it at sea, land and air.

Kargil enveloped our minds like the clouds envelope the night sky. Then on, every nook and corner of the base was abuzz with excitement and anxiety as we discussed the war. Television became a new friend as Barkha Dutt covered the war and brought the latest from the war front. Somewhere, the Kargil War connected us at a level that wasn't there before. We cheered the string of successes and mourned the loss of the martyred soldiers. And finally in July, when our forces re-established their control in Kargil, it was a victory for all of us, right from the small town of Deolali to the whole of India. Our country had won! We had won! The brave hearts made it happen! Well, the summer of 1999 was a game changer for many fauji kids, who till then perceived life in the forces as ordinary, only to realize that whether you are a military spouse or a kid, you are living a life less ordinary.

Jai Hind!

Harshita Bhalla

AND THE PHONE RINGS.....!

Sitting in the park today,where I have brought my daughter to play , I could hear a plethora of pleasant peppy and pulsating ringtones all around. These ever welcome ringing phones once answered often end up changing the whole panorama in a matter of seconds. The simple call of a friend to say hi ; calls that elevate a young husband who is away on duty to a 'Father' ; Call that informs a mother that her hard work has finally borne result with her son getting selected to IIT ; call that informs a sorrowed and nervous father that the operation of his child was a success.

But today, these ringtones took me back to the days when we used to be terrified of the ringing phone The days when the field telephone would ring and more often then not announce the news of a regimental officers/jawans getting injured or even martyred. Those days in the year 1999 my father, an army officer was commanding a regiment . The unit was located in Akhnoor, a mere 3kms from the LoC in the Jaudian-Pallanwala sector . I was back home from college during summer vacations to meet my parents when due to Pakistan instigated disturbance all our armed forces were mobilised to the LoC. My father along with his regiment too moved to the forward areas. Left behind were anxious families who would meet and greet each other nervously hoping to hear that their husband or son would be home soon. But all our expectations went up in thin air and this event soon escalated into a full fledged military engagement.

The families refused to go back to their respective hometowns as it was easier to get news from the front here than at there native places. Before leaving, men dug up trenches in everyone's backyard in preparation for tackling any air raids. Civilian population who were staying right at the LoC were evacuated. They left behind there homes and livestock. And for months not only did we hear continuous sounds of firing , bombing, warning sirens but also of the painful cries of the animals who would be caught between the crossfire.

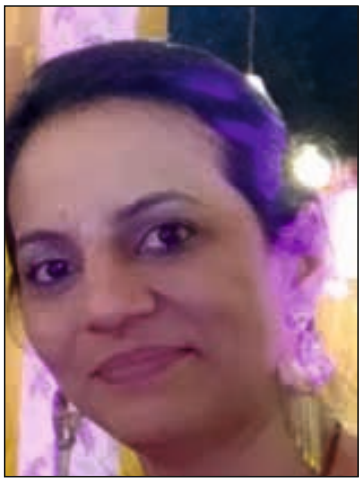
My mother who was a bundle of nerves, put up a brave front, always prim n proper and going everyday to meet the OR's and officer's wives of my father's regiment, reassuring everyone that things would soon be normal. She along with other CO wives would go to the MH every second day to meet the injured officers and jawans. I would overhear the silent struggle of families toiling with the fact that whether being gravely injured and disabled was better or being a martyr. The CO wives would meet young officers barely older then there own kids who would greet the ladies with a big smile and make light of their injuries only to be shifted to Delhi for an amputation of a limb or paralysis, or damage to certain organ, and only to be eventually invalidated out of the Army. The ones who were injured in this manner had to relearn to live…forget that they were perfectly healthy and learn to work around their disability apart from looking after and taking care of their dependants. Standing besides my mother on many a occasions, I heard of Ladies whose husband and son were both on the LoC , bravely choosing, their sons well being over their husband's, in their prayers, saying “abhi to usne duniya Dekhi he nahi hai”; if God mercilessly decided to take one away.

The ringing phone would make us pray that there be no bad news and that not only my father but also our friends be safe .

But in all this what amazes me the most is that how these soft caring unselfish gentlemen soldiers; the fathers, husbands, sons and brothers transform into resolute men of steel who willingly and happily take on the biggest risk of life and never once flinch against the gravest peril when to comes the fulfilment of the oath to the motherland.

The war was fought for 60 days but the army remained in forwards areas in war readiness state for over 2 years. Today yet again the phone rings but in happier and safer times reminding me of the great devotion of the men and women of our armed forces.

A proud fauji daughter and wife …..



Shikha Tiwari

LEST WE FORGET

Two brothers separated at dawn
Will they unite or remain frown

Three rounds of fighting yet not happy,
Their economies down the drain and progress scrappy

Years of tension and drama of friendship,
Rounds of diplomacy were reduced to showmanship

True colours of thy neighbour were seen,
When Kargil reported brother as mean

One fine day there was blood on the road,
One had stabbed the other, breaking code

Bus diplomacy was history, Lahore declaration a mystery,
Melting snow heralded blazing guns,
Mashkoh, Dras, Batalik, Kaksar dreading none

Targeting our peaks and summits, an envy of many
Unbeknownst to them, militants would witness their worst enemy

The thunders of artillery and rifles echoed
Roaring battle cries, as soldiers inched forward

Undeterred by enemy fire and steep climb,
They charged ahead, many in their primes

Through knee deep snow and dizzy heights,
They conquered them all to show Indian valour and might

Says the indomitable one - When I fight, I fight for the keeps
With prayer on lips, silently a mother weeps

With the enemy buried deep in white sand,
Alas! LOC had taken its toll on our beloved motherland

Wreaths, bouquets, promises galore
'Take care of mother', the noble souls would want nothing more

For whom the bell tolls, it tolls for thee
My dear soldier, your great sacrifice generations will see.

(I wrote this as a 12 year old during the Kargil conflict and my fondest memory is tearing the Sportstar posters of Shahid Afridi off my study wall and composing this poem sitting at the Barki Memorial at Ferozepur Cantt)

Meera Atul Bhadre

HEALTH IS WEALTH

Alpana Agarwal

I am a fitness freak and take utmost care of my health. To remain in the pink of health I lead an active and healthy lifestyle. Regular walks and exercises have ensured that I remain hale and hearty. Even when I gained 26 kgs each during my two pregnancies, my strict fitness regime ensured that I was back in shape within a year. But as I entered my late forties , the perpetual issue of weight gain that I had so painstakingly kept at bay until now, raised its ugly head again. My usual workout routine proved futile in curbing the increasing waistline. I was flabbergasted and just couldn't fathom what to do.

Then, it was in March 2012 that I thought of trying my luck at running. With much trepidation I took one round of the Kolhi Stadium. Amazed at the ease at which I could complete it, I tried two rounds the next day, which then became four, and soon I was running 10 rounds (4 km) every evening. My hard work paid off within 2 months - I not only lost all the extra weight but also gained a glow on my face. I was now hooked on to running. I ran my first long distance of 10 km in March 2013. Since then there has been no looking back. In Feb 2015 I ran my first half marathon. From 2015 to present day in 2019, I have run 17 half marathons, 1 full marathon and two ultra runs. (60 km & 54 km).

The more I run, the more I get addicted to it. Recently I ran the Satara Hill Half Marathon on 25th August '19. The route had 8 km of uphill climb. The treacherous & steep climb only strengthened my resolve to reach the highest point enroute (at an elevation of1048m) and cross the finish line.

Running is my passion now and I can't even imagine my life without running. Running has helped me develop a calm and peaceful demeanour and have a positive attitude towards life. It provides me time for introspection and solutions to difficult problems like planning the next meal menu.. ha ha. I wish to continue running as long as I live. I love challenging my capabilities and age is just a number for me.

On The Way To Super 20

KAAMYA KARTHIKEYAN – A MOUNTAINEERING PRODIGY

Ms Kaamya Karthikeyan, the 11 year old daughter of Cdr S Karthikeyan and Mrs Lavanya K, has been accomplishing deeds of tall order, literally. She has embarked on a mission, named "SAHAS", to climb the highest peak in all the continents and also ski to the North and South poles to complete the ultimate mountaineering challenge - "Explorers Grand Slam". She plans to complete them all by 2021, in good time to become the youngest in the world to achieve the feat at 13 years of age.

Inspired by her father's mountaineering activities, Kaamya started trekking in the Sahyadris from a tender age of three. Her Himalayan odyssey started with a high altitude trek to Chandrashila Peak (12000 ft) at the age of seven. She later graduated to more difficult and higher treks like Har-ki Dun (13500 ft), Kedarkantha Peak (13500 ft) and Roopkund Lake (16400 ft). Recently, during the summer vacations she successfully trekked back to back to the famous Brighu Lake (14100 ft) and crossed the Sar pass (13850 ft) in Himachal just for the sheer joy of climbing.

Mountaineering Accomplishments. Following are her adventures since May 2017:-

Ser.	Peak	Altitude	Achievement
(a)	Everest Base Camp, Nepal (May 17)	17600 ft	Second youngest girl in the world to achieve the feat
(b)	Mt. Stok Kangri, Leh (Aug 17)	20187 ft	Youngest in the world to climb above 20000 ft
(c)	Mt. Kilimanjaro, Tanzania (Oct 17)	18652 ft	Second youngest girl in Asia to achieve the feat
(d)	Mt. Elbrus, Russia (Jun 18)	18510 ft	Youngest girl in the world to ski down from the summit of Mt. Elbrus
(e)	Mt. Kosciusko (Oct18)	7310 ft	Third of the 7 summit challenge accomplished.

Kaamya is scheduled to climb Mt. Aconcagua (at 22837 ft), the highest in South America and the second highest amongst the 7summits next.

Her accomplishments will surely inspire multitude of children in our country to pursue their dreams and also encourage an outdoor way of healthy life.

On The Way To Super 20

KSHAMA IYER

Kshama Iyer started her swimming career at the age of 6yrs at our own Command Swimming Pool. Her passion for swimming took her to various clubs and swim meets across Mumbai. A slew of records later, at the age of 9, she was selected to represent Maharashtra State at the National Swimming Championships. She has won a total of 120+ medals at various fora which include five medals at the National Aquatic Championships, 21 medals at the State meets and the rest at several inter-Club meets along with several Best Swimmer Awards. She is, at present, being trained by an Australian Olympic Coach for the last two years. Discipline, hard work, dedication and sportsman spirit are among the wonderful habits she developed over the years as a bye-product of her swimming. The young swimmer with starry dreams in her eyes, determination in her visage and a hunger in her belly intends to give her 100 percent in all that she does serving as an inspiration for her family, peers in the school and elsewhere.

TISS - New batch of students & Certificate distributing ceremony of batch of 2018 - 19

PRAGATI

Swayam Siddha Smart Mom Contest

Workshop on Smart Mom

Joy Of Teaching

Monsoon Masti

Saree Drapping

Creative Design - Stitching Workshop

BALWADI

Special Assembly

Independence Day

Rakshabandhan

Visit to INS SHIKRA

NEWLY RENOVATED SAMUDRI

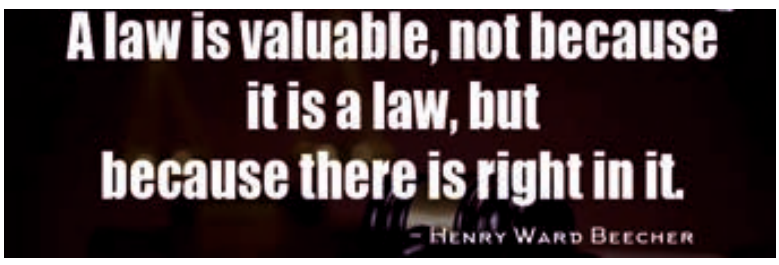
RELATIONSHIP QUOTES

1. If you truly love him / her, then you can't lie. Because love takes away the power of uttering lies.
2. When something or someone hurts you, observe…is it for a lesson or is he / she your blind love?
3. We don't feel lonely, when our emotions have filled our heart.
4. It's cute to become vulnerable in front of a person who is hopelessly in love with you!
5. Love is…A race between eyes and heart as to who can hide it smartly!
6. Second coincidence of meeting your favorite person is "Destiny"
7. If you find love, you will be a giver! If love finds you, you will be a receiver!
8. You are gutsy, if your broken heart can fall in love again!
9. Emotional wounds can make you a warrior!
10. The real courage is to love someone when there is no guarantee of its reciprocation.
11. Love conquers between one person and everyone!
12. What heart sees is invisible to the eyes and that is love!
13. Cute display of love is to wear the smile that your lover gave!
14. If he is comforting your ego then he is fake. If he can comfort your soul, then he is in "Love"
15. When in love, you don't miss the person. You miss yourself, and the real you!!!
16. Love blossoms when the situation demands denial!
17. When in love, give control to your mind, it will take care of your heart!
18. Love is believing that he or she is more important than anyone in the world.
19. Love is….either dreaming of him /her or talking about him / her.
20. Love is unconditional, however respect, trust, and attitude will change depends on our mind!

Mrs. Vindya Ayyar
Author & Life Coach

20 LAWS AND RIGHTS WHICH MUST BE KNOWN TO EVERY INDIAN

1. Right to clean water and sanitation is a fundamental right; it is the duty of the State to provide so.
2. It is obligatory for the Government to provide free and compulsory elementary education, up to Class 8th, to each and every child in India.
3. If there is an explosion of the LPG gas cylinder and if any individual has suffered the loss of life or property during the explosion is entitled to get compensation of about 40 lakhs.
4. It would surprise you to know that if you take a gift from any company on the occasion of a festival, it falls into the category of bribery. You can also be sentenced to jail for this crime.
5. You can ask for drinking water and use the washroom for free at any hotel at any time.
6. Riding around without a helmet can land you into trouble, but once you are fined for it, the chalaan slip can get you out of being fined for the same till midnight.
7. At the time of driving if your 100ml. blood contains more than 30mg. of alcohol then police can arrest you without a warrant
8. Any Shop keeper can't charge more than the printed price of any commodity but a consumer has the right to bargain for less than the printed price of a commodity.
9. Both, son and daughter have equal right to inheritance which was not the situation prior 2005.
10. No head constable can fine you for any offence which presently has a penalty for more than Rs.100.
11. Police officers are always on duty. If he or she witnesses an act of crime or if an incident is brought to their knowledge they can't say "I am not on duty" even if they aren't in uniform.
12. A Police officer can't refuse to lodge an FIR if he/she does so they could be jailed for up to 6 months to 1 year.
13. Every complainant is entitled to get a copy of FIR free of cost.
14. A couple cannot file a divorce without completing at least one year of marriage.
15. Women and men are equally entitled to equal pay.
16. A single man cannot adopt a girl child.
17. Every pregnant women is entitled to protection against being fired by the employer along with certain maternity benefits
18. Only a police woman constable can arrest a woman. Male constable doesn't have the power to arrest women.
19. No woman can be arrested before 6 A.M. and after 6 P.M.
20. A woman has the privilege of lodging complaint via email or registered post.



Mrs. Simran Singh
Advocate

Prongs Way Walk: An Experience (Poem)

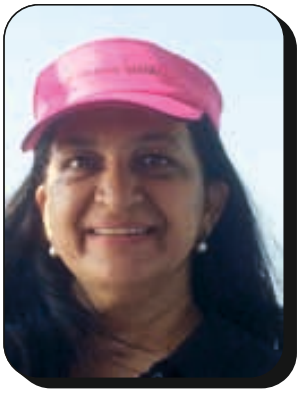
Great Start To summer vacation!
A morning to remember...Prongs Nature Walk with our fraternity.
Well organized with an overwhelming response of enthusiastic participants.
Wonder how I missed it in so many years.

Some thoughts to ponder upon...
A journey of a thousand miles begins with a single step,
a step in the right direction.
Each sunrise holds new adventures.
You never know unless you try.
Carve your path carefully.
There are many choices along the way.
Safety is very important.
It is alright to seek help.
Never give up.

Everybody has a different speed and strength.
Going forward is a good choice, and may be the only choice.
It is important to build physical and mental strength.
Every person you meet has something to teach

Age is a number.
Slow down and smell the roses.
Take small focused steps.
Always give a lending hand.
The ultimate feeling of achieving your goal is sublim.
Pit stops are refreshing.
Water is theraputic and has lessons to teach.
Every drop makes the ocean.
Appreciate nature and protect the enviorment.

Setting goals helps you push your boundaries.
Milestones are reminders to us of success.
Discipline is the key for safety.
A cohesive team can work wonders.
Capture the moments.
Enjoy the journey.



Mrs. Payal Chawala

NWWA BUZZ

KALA KENDRA

Early birds are celebrating janmashtami

Being fit is the new goal

Dance class

Yoga makes you happy

PRAKRITI

Prongs Nature Walk

Visit to INS Trata

NWWA BUZZ

AROGYA

Arogya round- Engaging Conversation

Adding Cheer -Musical Concert for Patients

Inauguration Well Woman Clinic

Inaguration of Vocational centre at Sankalp

Interaction with Hostel Girls

NWWA BUZZ

Jagriti - Investiture Ceremony of NCS & Drama club children

NWWA Coffee Evening

Visit of Mrs. Nigar Sultana Khaled - spouse of NDC Bangladesh

Ashirvaad - Monsoon Masti

Sparsh - Workshop on menstrual hygiene and Resist body shaming

कुछ यादें शहीदो के नाम

सरहदों पर गोलियों का शोर था।
पर दिलो में फैला सन्नाटा था।।
राह निहारे ऑखें मॉ की,
जिनमे गर्व उतर आता था।।

शान से चुमा था
सीमा पर लड़ते जवानो ने जब,
अपने सीनों पर गोली खाई थी।
प्रचंड विजय मिली कारगिल मे,
तब तीरंगो से मनाई होती थी।

इन शेरों की दहाणों से दुश्मन तो क्या
संग हिमालय भी ठेहरा था,
शान से चूमा था उस माथे को मॉ ने,
जब बेटा तिरंगे मे लिपटकर आया था।।

बरसो बीत गये उस विजय को
पर सीना अब भी चौडा है
शत-शत नमन उन वीरो को
जिसने दुश्मन के हौसलों को तोडा है।

एक बार फिर याद करे उन शहीदों को
सरहदे पर जिन्होने तोडा है दम।
सर पर था ताज तिरंगे का,
और दिलों मे "वन्दे मातरम"।।

श्रीमती. रिना सिंह